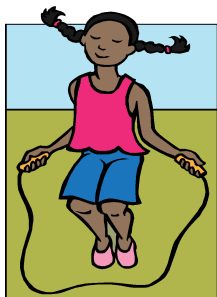


18th Annual Elementary Family Fitness Night



Thursday February 29, 2024
6:00 - 8:00pm
Pulaski Middle School



Bring the entire family.....

Our intended audience is elementary age students, but everyone in your family is invited and encouraged to participate. Enjoy fun physical activities organized by the Pulaski Elementary School Physical Education Teachers, Mr. Bogacz, Mrs. Kubiak, Mr. LaFave and Mr. Wendorf

You can participate in:

- **Swimming** - The Pulaski Pool will be open for family swim from **6:00-7:30**. You must use the pool locker rooms. Bring your suit & towel. Children ages 7 and under must have an adult **in** the water with them. Come make a splash!
- **GaGa Ball** - Are you ready to challenge your dodging & striking skills in a confined space? Come to the auxiliary gym for this fast-paced activity.
- **Nitro Ball & Floor Ball**- Try one of these quick-striking activities. Nitro Ball is for grades 4 & 5, while Floor Ball is for grades K-5. Find these activities in the main gym.
- **Fitness Obstacle Course** - Try a course designed to challenge your running, jumping and footwork skills. On your mark, get set, GO....to the main gym!
- **Just Jump** - There will be a “whole lotta jumping going on” in the main gym. Choose from short jump ropes, long jump ropes, thundersticks...come try them all.
- **Modified Cornhole** - Form two teams with family members and compete against each other using one Cornhole board. Put your underhand throwing skills to the test in the main gym.
- **Cosmic Kids Yoga** - Stop by the library to follow along with a Cosmic Kids Yoga video for some gentle stretching activities to help your mind and body relax.

Don't forget to wear your sweat-pants and tennis shoes so you can safely participate!

Please leave all personal sports equipment (i.e. basketballs, footballs, etc) at home.

Please enter by the Pool Doors...SEE YOU THERE!!