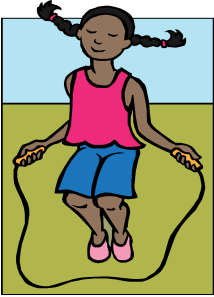


# 17th Annual Elementary Family Fitness Night



*Thursday March 2, 2023  
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 to participate. Come enjoy some fun physical activities organized by the Pulaski District 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 & Stryker Ball** - Try one of these quick-striking activities. Nitro Ball is for grades 4 &5, while Floor Ball & Stryker Ball are 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.
- **Yoga** – Come to the PCMS library to learn the basics from Amanda McAllister, Glenbrook second grade teacher and certified instructor. There will be two – 30 minute sessions: 6:15 - 6:45 & 7:00 - 7:30. Relaxation awaits!

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

**For additional information, contact your child's Physical Education Teacher  
Please enter by the Pool Doors...SEE YOU THERE!!**