

PICKETT FITNESS PALS

**(EL PROGRAMA DE BIENESTAR)
SPRING 2017**

WHEN IS IT?

6 Tuesdays 2:30 to 3:30
February 21, 28, March 7, 14, 21, 28
(Los Martes adentro de 21 de febrero y 28 de marzo)
@ Pickett Elementary!

WHAT IS IT?

A **free** six week after
School wellness program to build an
active healthy lifestyle for 3rd–5th grade
(Un programa **gratis** para establecer una vida saludable)

HOW TO REGISTER—SPACE IS LIMITED! 2 OPTIONS FOR REGISTRATION:

1. Fill out a form at the Robbins Recreation Center office.
2. Or go to www.lexingtonnc.gov, Click Parks and Recreation, then follow the link to “How do I register?” and Pickett Fitness Pals!

(Inscribirse en la oficina de Robbins Recreation Center, o por el internet.)

Provided by a partnership between City of Lexington Parks and Recreation & Pickett Elementary School!



In this program students will engage in activities to learn about physical wellbeing, nutrition, and exercise.

Learn healthy tips!

Play actively!

Practice how to set and strive for goals;

Release energy constructively;

Improve classroom focus; make new friends; and more!

Parents of enrolled students are responsible for transportation.

**REGISTRATION
ENDS on Feb
17 at 5PM**

For more information/Para más información:

Beverly Everhart
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(Llamar para más información.
¡Hablamos Español!)