



## After School Program

Valley Catholic  
2022-2023  
Every Friday Afternoon  
2:50pm - 4:00pm

### Fun & Play Matter!

**Facts:** Childhood Obesity is at an all time high! Our Kids are sitting more and moving less. One-third of our children are obese and suffering major health problems. This number is predicted to grow to 46% by 2030.

#### All Kids Are Welcome

- You work and want to have your child in a safe and active after school program
- Kids in sports and you want to keep them moving on non-practice days
- Kids not in sports and need more play and activity time

*Play. Fit. Fun! is the answer for you and your child!*

#### We Also Offer

Full-day camps on teacher-in-service and furlough days. Also, winter and spring break camps. Your child will be taken care of with full adult supervision and activities - no leaving them home alone or finding alternate care.

## The Place To Be For Games! Play! Fun! Activity! & Fitness!

**After School Program:** Your child will meet up with their Play.Fit.Fun. coach immediately after school in the gymnasium. Kids will have fun being active and then finish their day with renewed energy and focus.

**Play.Fit.Fun.** is like PE that has crashed into field day and then bumped into team building! Activities are organized, uplifting, empowering and 100% focused on the kids!

**Organized activities & challenges will include:** Active games, agility move-ment & Active Play!

**Goal for your child:** Increased fitness levels, improved self esteem & image, teamwork, imagination, focus, confidence, leadership and a positive attitude!



**Play. Fit. Fun! Philosophy:** Kids of all ages, abilities & sizes need more activity, fun and play! *Kids are meant to play and move!* With play and group activities kids learn, socialize and build confidence. In today's world our kids are sitting more, playing and moving less. Play. Fit. Fun! can turn your child's activity level around for a healthier life. We are about playing with fitness in mind and learning to have fun being active. It's that simple! Your child will be empowered, supported, and instructed.

**Play. Fit. Fun!** Call or email and allow us to answer any questions:

971-732-4745 • [spencer@playfitfun.com](mailto:spencer@playfitfun.com)

**Only \$75**  
October-December

**Enroll soon, classes fill quickly!**



October 14th - December 9th

\*\*No Class - October 7th and 28th, November 11th and 25th, & December 2nd and 16th



**Get up  
Get out  
Get moving!**