



# Come to our Family Fit and Fun Afternoon

Spring 2014—Sundays, 4:00 pm—5:30 pm

March 23

April 27

May 25

June 22

**Ages:** 4+ years

It's never too early to start encouraging healthy habits. Bring your family and start on the path of teaching your kids how fun exercise can be. You and your child(ren) will participate in fun activities and games such as kickball, crab soccer, fun fitness stations, PE games, and running relays, just to name a few. So grab the kiddos and come out for an afternoon of fun and fitness...family-style! Parent participation is required. Games vary due to the number of families and ages of attendees.

*Cost: \$2.00 per person /3 or more \$5.00*

*Where: Kansas City North Community Center, 3930 NE Antioch Road 64117*

*Contact: 816-784-6100*



The KCMO Parks and Recreation Department facilities and programs are available to people of all abilities. If accommodations or individualized supports are needed to participate, please contact Sheronda Stonum, Inclusion Facilitator, at (816)784-7000.