

Jamison Elementary School "Family Fun & Fitness Night 2017"



All Jamison Jets and their parents must review the following guidelines BEFORE registering for the evening. We hope you have a great time and thank you in advance for your courteous and respectful participation. Together, we can help make "Family Fun & Fitness Night" a terrific success.

1. Jets MUST be accompanied by an adult at ALL times. Students are NOT permitted to walk around the building without an adult.
2. Jets must be respectful of all school property.
3. The evening is scheduled from 6:30PM-8:30PM. Families can come and go as they please.
4. Most of the activities will run "open house" style. Jets and their parents can choose to participate in activities for as long or as short as they wish. (please stay at least 15 minutes in each station)
5. Activities will take place in different areas of the building. Maps and directions will be available that night.
6. Jets are only permitted to use the designated areas.
7. Please be a responsible Jet by using the trash/recycling cans and cleaning up after any spilled snacks!

Register by logging onto the website below.

<http://www.signupgenius.com/go/9040E49ADAA2AA13-family1>

Fun & Fitness Stations

American Ninja Warrior Obstacle Course*
Fit & Fun*
Yoga*
Karate
Mind & Body*
Board Games
Lesson on Healthy Snacks (snack station)
Go Noodle
Just Dance
Corn Hole
Twister
Jump Rope
Cup Stacking

***Begins at 6:45pm, 7:10pm, 7:35pm, 8:00pm**

Families attending 5 sessions (Passport Provided for stamping) will be eligible for the raffle.