

Rensselaer Parks Department Presents:

## Fit Fridays



This summer the Rensselaer Parks Department will be hosting a program that has an emphasis on being active. Each week participants will engage in a different activity. Participants can sign up for any number of sessions. Students who have completed pre-school through 8<sup>th</sup> grade can participate.

Check the sessions for which you wish to register. (Use on form per child.)

\_\_\_ **Scavenger Hunt Hike** June 7 - 10:30-11:30 a.m. Brookside Park, Hall Shelter, \$5 fee

Wear your walking shoes and bring along a water as we will hike and explore various parks on our hiking journey!

\_\_\_ **Messy Twister and other lawn games** June 14 ~ 10:30-1:30 a.m. Brookside Park, Hall Shelter, \$5 fee

Prepare to get messy in a game of messy twister as well as other fun lawn games.

\_\_\_ **Slip and Slide Kickball** June 21 ~ 10:30-11:30 a.m. Brookside Park, Hall Shelter, \$5 fee

This is a wet and wild activity. Prepare to get wet as we play a fun game of kickball on slip & slides!

\_\_\_ **Kiddie Triathlon (non-competitive)** June 28 ~ 10:30-11:30 a.m. Brookside Park, Hall Shelter, \$5 fee

Bring your bike, swim gear as well as running shoes. We will bike through the paved path of the cemetery, run on the track, and finish with a dip in the pool. All for fun!

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Name \_\_\_\_\_ Parents \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_ Address \_\_\_\_\_ Age \_\_\_\_\_ Grade entering in 2019-2020 \_\_\_\_\_

T-shirt size (Submit an additional \$12 if you wish to order a shirt. Check one

YS \_\_\_ YM \_\_\_ YL \_\_\_ YXL \_\_\_ AS \_\_\_ AM \_\_\_ AL \_\_\_ AXL \_\_\_ Total for all sessions and shirt \_\_\_\_\_

Mail completed form and payment to: Heather Hall, Rensselaer Parks Program Activities Director, 508 N. Cullen St. Rensselaer, IN 47978 Questions: [heather.hall919@gmail.com](mailto:heather.hall919@gmail.com) Checks payable to Rensselaer Parks. Registration must be received a week prior to the session you are requesting.