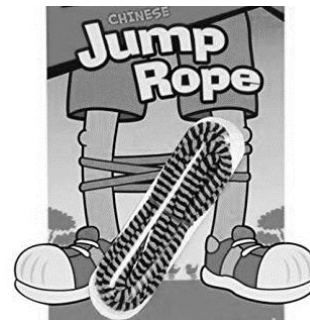




FIT LUNCH

Chinese Jump Rope

Grades:	All students grades K – 6 Limited to 40 students per lunch
Dates:	Thursdays – lunch recess 10/13, 10/20, 10/27, 11/3
Time:	K - 3 lunch recess (12:10 – 12:40 pm) 4 - 6 lunch recess (12:45 – 1:15 pm)
Location:	Covered area - playground
Tuition:	FREE
Instructor(s):	Julia Hill & PTA volunteers



FIT Lunch is Wellington PTA's **wellness** program for all K – 6th grade students to promote physical activity and healthy lifestyles. It gives students an opportunity to meet others and interact with their friends in a fun, healthy environment during lunch recess. It's fun! It's good for the body! It's good for the brain! Registration is required.

Chinese Jump Rope is a very popular game in the U.S. and around the world. It is a challenging game that provides an excellent tool for building coordination, endurance and agility. There is no previous experience necessary and Chinese Jump Ropes will be provided for the students to use. Encourage your student to come out learn how to play this game with us!

We need volunteers! You CAN make a difference!

This program can only happen with parent / PTA volunteers. All type of help is needed including registration, jump rope group leaders, assisting the instructor, etc. You can commit to all classes or just when you are available. Email ProgramsWellingtonPTA@gmail.com. Thank you!

Online registration opens Wednesday - September 21st, 2016

Go to <http://wellingtonpta.org>