

After School & Beyond

PB&J Club (Ages 1-5)

Will resume on September 14, 2016!

2nd and 4th Wednesday 9-11:30am

Like PB&J you can rent the equipment for a birthday party!
Call 540-662-4946 more details!

Play, Bounce and Jump, to refine motor skills and have fun with a gym full of toddler-appropriate play equipment. Jump on the small trampoline, crawl through the tunnel maze, climb over the padded hills, or play ball. This exciting program lets kids and parents play freely, without worrying about the clean up or weather. All equipment is safe and properly sanitized before each program.

No PB&J Club 11/23 or 12/28

Special Friday evening sessions

October 7 and December 2 at 3:00pm-7:30pm

Fee: \$3R, \$3.50 NR (Adults are free).

Purchase a punch pass for PB&J with 10 punches.
\$30 R, \$35 NR.



**COMMIT
TO HEALTH**



CommitToHealth Club

CommitToHealth Club Fun Friday Healthy Texts to Your Cellphone

Text 'HEALTHTIPS11' to 41411 to join today!

Fun, healthy text messages sent every Friday to your cellphone that include:

- Short health tip
- Link to YouTube video about health
- Family friendly activities

Go to www.nrpa.org/healthytips11 to learn more

www.nrpa.org/CommitToHealth

#CommitToHealth