

Move 60! Family Fitness Series 2018



Who: All Edmonds School District families are encouraged to participate!

What: A series of exercise opportunities for the whole family to participate in! Come to any or all events to get you and your family moving.

Cost: FREE!

<p>Move 60 Family Fitness Series 2018</p> 	<p>Family Pool Night</p> <p>Come swim at the pool with your family and friends! Limited to the first 200 swimmers as per health department regulations.</p> <p>Friday, April 20 6:15 - 7:15 pm</p> <p>Mountlake Terrace Pool 5303 228th St. SW Mountlake Terrace, WA 98043</p>	<p>Family CrossFit by Industrious!</p> <p>Fitness Fun!</p> <p>Thursday, April 26 6:30 – 7:30 pm</p> <p>Meadowdale Middle School 6500 168th St. SW Lynnwood, WA 98037</p>	<p>YMCA Family Night</p> <p>Family fun at the local Dale Turner YMCA!</p> <p>Wednesday, May 2 6:00-8:00 pm Open swim 7:30-8 pm</p> <p>Dale Turner YMCA 19290 Aurora Avenue N Shoreline, WA 98133</p> <p>This opportunity is open to the first 15 families that RSVP here.</p>	<p>Health & Fitness Expo</p> <p>1 mile fun run, expo booths, Zumba, and so much free fun!</p> <p>Saturday, May 19 9:00 am – 12 noon</p> <p>Edmonds-Woodway Stadium 7600 212th St. SW Edmonds, WA 98026</p>
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What you need: Bring your water bottle, wear athletic shoes/clothes/swim clothes/towel that you can move in or need for the activities and anyone 16 years or older will need to provide a photo ID.

Registration: Please bring one completed registration form for all participants, or fill one out on site. The form will only need to be filled out once, and then will be filed for the remainder of the events. RSVP for the YMCA event mccloughanj@edmonds.wednet.edu

Why: An opportunity to exercise as a whole family, learn new things, and have a fun, free evening with your family!

**Note: These classes are not “drop off” events. If you are unable to participate but would still like to attend with your family, there will be a sitting area to accommodate.*

Pool Policies: SAFETY WILL NOT BE COMPROMISED.

Please be responsive to the lifeguard’s requests. Each is adhering to an established set of safety rules. Children under 4 years of age **MUST** be accompanied into the pool by an adult; adults should be within arm’s reach of all young children. Lifejackets are available for all ages and may be required. **Use of cell phones and/or photographic equipment is not permitted in public changing areas.**

For everyone’s Health and Safety:

- Infants and toddlers who are not toilet trained must wear swim diapers **AND** protective plastic diaper covers. Please use established diaper changing tables. Swim Diapers and protective plastic diaper covers are available for purchase in our lobby.
- Small children should be taken on frequent bathroom breaks to avoid contamination of the pool.
- Persons with infectious illness including vomiting and diarrhea within the past seven days may not enter the pool.

Translation available upon request.