

# Family

# BOOT CAMP

## FOR FITNESS

### Includes

- Games and Fun Exercise
- Prizes
- Refreshments
- Live Entertainment

★ ★ ★ ★ *Plus* ★ ★ ★ ★

Educational sessions for the parents to help their children live a healthy life and achieve excellence in school



## when and where

# Saturday

## February 27th, 2016

### 12:30-3:30

## Metrocenter Center Court

Center Court at Metrocenter is located on the lower level at the center of the Mall. You can access it via all mall entrances but the easiest access is through the mall entrance facing Highway 80 and 220 on the northeast side of the mall. This entrance has a large green banner above it saying “City of Jackson Water Department and Mississippi Highway Patrol”. Once inside the mall proceed towards the escalators and turn right to reach Center Court.



## about the event

We seek to increase health awareness for all! Boot camp will focus on overall physical fitness for children and include educational sessions for parents. This event is military theme with circuit training stations. The children's course will include stations to focus on different exercises. This will be a timed, friendly, but competitive rotation. The same regimen will be implemented at the parents stations. While the kids stations will be geared towards exercise, the parent's stations are geared towards healthy cooking, awareness of behavioral problems and intervention training, and other good topics for parents.

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The school district accepts no liability in this matter.