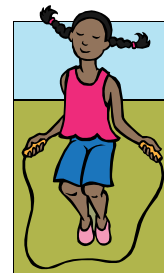


# Rushwood's Recreation Club



Are you looking to get exercise in some really fun ways? Well, Rushwood's Recreation Club is for you! We hope *you and your family* can join us for one or all of the fun-filled activities below!

**February 26<sup>th</sup>** - We will be having a Jump Rope-a-thon right here at Rushwood! Bring your jump rope and water bottle and be sure to wear your sneakers. Kids can stay after, if you bring a note, and parents can meet us in the Gym at 3:45pm.

**March 22<sup>nd</sup>** - Please join us in the Rushwood Gym at 7:45am for a Yoga lesson. Mary Pat Murphy from Namaste Yoga Studio will be here to instruct the class. Don't forget your yoga mat or a towel. ☺

**May 22<sup>nd</sup>** - Meet us on the Tow Path at 10:00am for a walk or a bike ride. Let's meet at the Station Road Bridge (off of Riverview Road in Brecksville). Bring your shades and water bottle, hopefully it will be sunny and warm!



Please help us plan for the events by *completing* and returning the bottom portion of this slip to your child's teacher.

Name \_\_\_\_\_ Teacher \_\_\_\_\_

Email Address \_\_\_\_\_

I have checked my calendar and I can attend the following sessions:

- February's Jump Rope-a-thon - # attending \_\_\_\_\_
- March's Yoga Lesson - # attending \_\_\_\_\_
- May's Walk/Bike on the Tow Path - # attending \_\_\_\_\_

