

Important Information

A parent **must** accompany children ages 7 and under.

A **health form** will be required for children age 8 and over who are **not** accompanied by an adult.

Youth without signed health forms will **not** be able to participate.

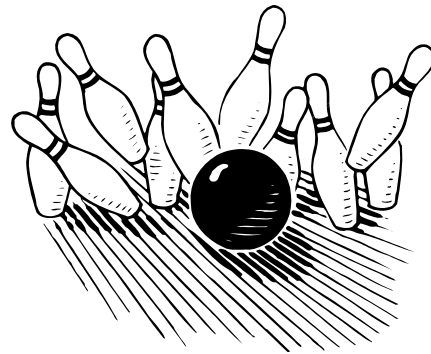
Parents are *more than welcome* to attend!

This event is for the whole family! Please fill out a registration form for *each person* (even adults) that will be attending.

The registration and health forms are also available on the web at: www.ag.ndsu.edu/richlandcountyextension

OR

call the Richland County NDSU Extension Office at (701) 642-7793.



NDSU EXTENSION SERVICE

NDSU is an equal opportunity institution.

SPONSORED BY RICHLAND COUNTY 4-H AND UNITED WAY OF RICHLAND/WILKIN

418 2nd Avenue N

Wahpeton, ND 58075

Phone: 701-642-7793

Fax: 701-642-7774

E-mail: debra.evanson@ndsu.edu

Requests for accommodations related to disability should be made to Colleen Svingen at 701-642-7793 by January 17, 2013.

Family Fun & Fitness

NDSCS Blikre Activity Center

SPONSORED BY RICHLAND COUNTY 4-H AND UNITED WAY OF RICHLAND/WILKIN

January 20, 2013

1:00—4:00 p.m.



WHAT IS FAMILY FUN AND FITNESS?

Richland County 4-H and the United Way of Richland/Wilkin have partnered for many years to provide a day of healthy activities for area families to participate in—

AND IT'S FREE with a donation to the Food Pantry!

From swimming to bowling and volleyball to ice skating, families can play together and begin healthy habits for the entire family.

YOUTH GROUPS ARE ALSO WELCOME TO ATTEND!

ACTIVITIES

This day would not be possible without the wonderful volunteers that offer their time and talents to Family Fun & Fitness.

The following activities will be available this year:

Volleyball

Enjoy playing volleyball with the NDSCS Wildcats! There will be NDSCS Wildcat volleyball players organizing fun volleyball games!

Bowling

Enjoy **one free game** of bowling at Terrace Lanes. *Transportation is available.*

Swimming

Swimming at the NDSCS pool while under the supervision of certified lifeguards is a



great way to spend an afternoon. Take turns diving off the high dive, or play water games! Bring your own pool gear.

Outdoor Activities

The Chalet at Chahinkapa Park is the center of outdoor activities in Wahpeton. Enjoy ice skating, sledding, or cross country skiing free of charge.

(Depends on weather!)

This session will run from 1:00-2:50 p.m.

Transportation is available.

Tae Kwon Do

Certified instructors from Greenquist Academy will help you try your skills at this fun activity!

All ages



Archery

Hit the mark with archery! Ages 8 and over.

Held at the Wahpeton Community Center.



Registration Form

Mail to Richland County Extension
418 2 Ave N, Wahpeton, ND 58075
or fax to 701-642-7774

Name _____

Parent/Guardian Name _____

Address _____

City _____ State _____ Zip _____

Phone (____) _____ Grade ____ Age ____

Email _____

For our reporting purposes, please complete the following information:

male female

I live:

on a farm town under 10,000

rural area/non-farm town over 10,000

Race:

Caucasian African American

Hispanic Asian/Pacific Islander

American Indian/Alaskan Native

Other _____

Circle your activity choice for each session:

1st Session 1:00—1:50 p.m.	2nd Session 2:00—2:50 p.m.	3rd Session 3:00—3:50 p.m.
Volleyball	Volleyball	Volleyball
Swimming	Swimming	Swimming
Tae Kwon Do	Bowling <i>1 Free Game</i>	Bowling <i>1 Free Game</i>
Archery/Air Rifle	Archery/Air Rifle	Archery/Air Rifle
_____Outdoor Activities_____		
<i>Outdoor Activities is a 2 hour activity. Please keep this in mind.</i>		