

Saturday, May 15th

the 4th Annual

Health & Fitness Day

Schedule

All Day Events

Rock Climbing Wall
Soccer with the New York Red Bulls Freestyle Team
Childrens' Obstacle Course by Zog Sports
Massages by the Visiting Nurse Service of New York
Sports - Themed Inflatables for kids
Coler - Goldwater Health Screenings
Hacky Sack Demonstation / Workshop

Capobianco Field

10 AM - 11 AM: Body Sculpting Class
11 AM - 11:45 AM: Pilates with Karen Mann
12 PM - 1 PM: Commendation Ceremony / Volunteer Awards
1:20 PM - 2 PM: Karate Demonstration by Shakil's
School of Martial Arts
2 PM - 3 PM: African Dance Fitness Class with the Drumsong
African Dance Group

Handball Courts

11 AM - 4 PM: Ping Pong Tournament
11 AM - 4 PM: Pee Wee Tennis with Joyce Mincheff
2 PM: Ping Pong Exhibition with George Braithwaite

Basketball Court

Tournament Schedule

10 AM: Ages 10 - 12
10:30 AM: Ages 13 - 15
12 PM: Ages 16 - 18
1 PM: Adult Wheelchair
1 PM: Ages 19 - 34
2:30 PM: Ages 35 and up

Good Shepherd Plaza

8 AM - 5 PM: Free Mammograms

Lighthouse Park

11 AM - 5 PM: Fishing instruction provided by I-Fish NY

Gristedes Turnaround

1 PM - 4 PM: Child Safety Seat Checks with Public Safety

For more information, visit rioc.ny.gov or call (212) 832 4540

