

February Fitness Fever 2012



Family Fun Sundays

FREE and **OPEN** to all area children, families and adults!

refreshments will be served ~ many door prizes

GET UP, GET OUT and HAVE FUN!

Sunday, February 5
1-2 pm



ACTIVE PLAY and
TAE KWON DO

at the
Community Family
Service Center
(Formerly Carmen School)

Sunday, February 12
1:15-3:15 pm

Free **SWIMMING**

at the
Crookston
Community
Pool



Sunday, February 19
1-3pm

SLEDDING at Sunrise Hill and Cross
Country **SKIING** at Mt. St. Benedict
Trails

*Warm up at Cathedral gym.
(skis available for use— last ski check
out at 2:30pm)*



Sunday, February 26
1-3 pm

Free **ICE SKATING** at the
Crookston Sports Center



*Indoor Walking Track Open
(skates available
for use)*



Thank you to the many local sponsors.

Polk County Public Health-We put healthy ideas to work!