

Fast and Furious Fitness Challenge

Saturday, September 27
Child, Youth & School Services
Siegfried Youth Center
0800-1200

Child, Youth & School Services (CYSS) Siegfried Youth Center Middle School and Teen and SKIES
demos in: Hip Hop, martial arts, kinder gym, and horse rides

Bike Safety Inspection and Skills Course by Post Safety and the Military Police

Bring your children's bikes/trikes and helmets, pads and be dressed to move!

Age groups: 4-5, 6-7, 8-9, 10-12, 13-14, 15-18

1st, 2nd, and 3rd prizes awarded per age group

- 1st prize Bike
- 2nd prize Helmet
- 3rd prize Water Bottle

Family come and Zydeco with JoJo Reed from 1000-1200. "Weigh in" and have lunch with us- spaghetti, garlic bread and drink at a penny per pound. Proceeds to the Torch Club (Teen Council)

Scan here



Call (337) 531-6880 for more information

Preregister one of three ways:

1. BJACH Website current event tab <http://www.polk.amedd.army.mil/>
2. <http://www.eventbrite.com/o/fort-polk-performance-triad-6597097673>
3. Barcode/QR scanner (left)

