



After School Program

Valley Catholic

Fall 2026

Every Friday Afternoon

2:50pm - 3:50pm

Fun & Play Matter!

Facts: Childhood Obesity is at an all time high! Our Kids are sitting more and moving less. One-third of our children are obese and suffering major health problems. This number is predicted to grow to 46% by 2030.

All Kids Are Welcome

- You work and want to have your child in a safe and active after school program
- Kids in sports and you want to keep them moving on non-practice days
- Kids not in sports and need more play and activity time

Play. Fit. Fun! is the answer for you and your child!

We Also Offer

Full-day camps on teacher-in-service and furlough days. Also, winter and spring break camps. Your child will be taken care of with full adult supervision and activities - no leaving them home alone or finding alternate care.

The Place To Be For Games! Play! Fun! Activity!

After School Program: Your child will meet up with their Play.Fit.Fun. coach immediately after school in the gymnasium. Kids will have fun being active and then finish their day with renewed energy and focus.

Play.Fit.Fun is like PE that has crashed into field day and then bumped into team building! Activities are organized, uplifting, empowering and 100% focused on the kids!

Organized activities & challenges will include: Active games, agility move-ment & Active Play!

Goal for your child: Increased fitness levels, improved self esteem & image, teamwork, imagination, focus, confidence, leadership and a positive attitude!



Play. Fit. Fun! Philosophy: Kids of all ages, abilities & sizes need more activity, fun and play! *Kids are meant to play and move!* With play and group activities kids learn, socialize and build confidence. In today's world our kids are sitting more, playing and moving less. Play. Fit. Fun! can turn your child's activity level around for a healthier life. We are about playing with fitness in mind and learning to have fun being active. It's that simple! Your child will be empowered, supported, and instructed.

Play. Fit. Fun! Call or email and allow us to answer any questions:

971-732-4745 • spencer@playfitfun.com

REGISTER HERE

Only \$125
Sept 18th- Dec 11th

Enroll soon, classes fill quickly!



**Get up
Get out
Get moving!**