

Rice County OLYMPIC DAY

Thursday, June 23, 2011

www.healthyricecounty.org



OLYMPIC DAY 2011

**Participants will be
entered into drawings for prizes!**

Northfield

SUPER KIDS @ Tyler Park

9-11am Games, Crafts, Free Play

Floor Hockey @ Ice Arena

10:30am-12:30 Free Play (Bring stick)

Gymnastics @ Gymnastics Club

12:30-1pm Register/Meet Olympian

1-2:00pm Beginning Instruction

2-3:00pm Free Play

3-3:30pm Performances/Pictures

SUPER KIDS @ Way Park

1-3pm Games, Crafts, Free Play

1:30-2pm Meet Olympian

GAME Preschoolers @ NCRC

6-8pm Olympic-themed activities

Activities @ Northfield Senior Center

Adults 18+ and children w/ a parent are welcome to attend

8:30am Core Strength Training Class

9:30am Move & Groove Aerobics

10:30am Chair Yoga

12pm Enhance Fitness for Seniors

1:15pm Pilates Class in Studio

2-4pm Family Open Swim (no diapers allowed)

5:45-7pm Classical Yoga in Studio

5:30-6:30pm Aqua Fitness Boot Camp

6-6:45pm Strength Training Circuit Demo

7-7:45pm Water Volleyball

7-8pm Ping Pong Play

Activities Schedule

Lonsdale

Obstacle Course @ Trenda Park

10:30-11:30am for Preschoolers

Various Events @ Sticha Park

5:30pm Registration

5:30-6:30pm Meet Olympian

Events Starting @ 6pm

Ending @ 8pm

Sand Volleyball

Softball

Baseball Clinic

Family Walk/Run

Scavenger Hunt

Faribault

Water Aerobics @ Faribault Aquatic Center

9:30-10:30am Water Fitness Class

Silver Sneakers @ Fit For Life Club

10:30-11:30 Fitness for Seniors

Ball Sports @ Faribault Community Center

10am-12pm Volleyball/Dodge ball

Family Nature Walk @ River Bend

1-2pm 1 mile Walk along River

Bowling @ J&J Bowling (Basher's)

12-2pm Free Family Bowling

Frisbee Golf @ Wapacuta Park

1-4pm Try Frisbee Golf (discs provided)

BMX Biking @ Faribault BMX Track

South Alexander Park

2:30-3pm Meet Olympian

3-5pm Bike Clinic (bikes provided)

Tae Kwon Do @ New Faribault Armory

3000 West Airport Drive

3-5pm Tae Kwon Do Instruction

3:30-4pm Meet Olympian

Basketball @ Faribault Community Center

5-7pm Hoop Shoot, Free Play

GAME Preschoolers @ A Child's Delight

Held in Faribo West Mall Playland

4-7pm Olympic-themed activities



All Activities are FREE!

Meet an Olympian!



Tasha McCrank,

1998 and 2002,

U.S. Olympic Alpine Skier

Tasha will visit these sites to speak with participants, sign autographs and take photographs.

12:30-1pm Northfield Gymnastics Club

1:30-2pm Northfield Way Park

2:30-3pm Faribault BMX Track

3:30-4pm New Faribault Armory

5:30-6:30pm Lonsdale Sticha Park

For more info on Tasha's non-profit organization in Minnesota, visit www.beashininglight.org.

Thank you to these OLYMPIC DAY 2011 Partners:

Rice County Public Health SHIP

City of Faribault

City of Lonsdale

City of Northfield

Faribault BMX

National Taekwondo Institute of Faribault

River Bend Nature Center, Faribault

Northfield Gymnastics Club

Northfield Senior Center

Fit for Life Club, Faribault

United For Kids Coalition, Faribault

J&J Bowling Center, Faribault

Northfield School District/Community Services

National Guard Armory, Faribault

MINNESOTA'S
VISION
A Better State of Health

Stateside Health
Improvement Program SHIP