

Adult Programs

YOU'RE INVITED...

5K FOR FA
MAY 7, 2016
PARMA TOWN PARK
1300 HILTON PARMA CORNERS ROAD
HILTON, NY
www.5kforfa.com



8:30 Registration opens
9:00 Welcome message, fundraiser prizes
9:10 Kids' Hula Hoop Warm-up
9:20 Kids' Fun Run
9:45 Adult Zumba Warm-up
10:00 5k Trail Run/Walk
11:00 Prizes for best times,
bib raffles, 50/50 raffle

\$25 REGISTRATION | \$15 FUN RUN

\$30 VIRTUAL PARTICIPATION



Photo: Cheryl Conolly



ZUMBA -MAIA MESH

Take the "work" out of workout, by mixing low intensity and high intensity moves for an interval style, calorie burning dance fitness party. Super effective? Check. Super fun? Check!

WHO: Anyone ages 16 and older
WHERE: Village Community Center Gym
WHEN: Mondays & Wednesdays
SESSION I: June 1 – July 13 (no class on 7/4)
SESSION II: July 18 – August 24
TIME: 6:00 p.m. – 6:55 p.m.
COST: \$45 per session or \$80 for both sessions
NOTE: Maia Mesh is a certified Zumba instructor and holds a minor in Dance from SUNY Brockport College. Maia's email is maia13@juno.com.

BOATING SAFETY CLASS

Class information will be available soon. Please call our office at 392-9030 for detailed information.

5K FOR FA (FANCONI ANEMIA) AND KIDS FUN RUN

Run for a cause at this fun family event to support Fanconi Anemia. The 5K race/walk starts at 10:00 a.m. A shortened Kids' Fun Run will start at 9:20 a.m. In addition to the run, there will be snacks, music, hula-hooping, Zumba and food on site for food purchase. Prizes will be awarded for the top times and top fund raisers. We will also have a bib number raffle so everyone has a chance to win a prize and we'll be selling 50/50 raffle tickets at the event to further raise funds. Participants are humbly requested to become fundraisers and raise \$100 or more. Become a fundraiser here: www.5kforfa.com.

WHO: All ages (if under 18 must sign waiver)
WHERE: Parma Town Park Cross Country Course
WHEN: Saturday, May 7
TIME: 8:30 a.m. – 9:00 a.m. Check-in
9:20 a.m. Kids Fun Run
10:00 a.m. 5K Race / Walk
11:00 a.m. prizes/raffles
COST: \$25 per 5K run participant
\$15 per Kids Fun Run participant
\$30 per Virtual Participation

SIGN-UP: www.5kforfa.com

