



BE ACTIVE • EAT HEALTHY • PLAY TOGETHER



# FREE Fitness and Basketball Skills Clinic

Jackie Robinson Family YMCA • Wednesday, May 27 • 5:30—7:30 pm

## WHAT

Free community event for **Children ages 7-12** and their parents. Activities include:

- Fitness stations focusing on core strength, speed coordination, agility and footwork, and hand-eye coordination
- NBA/WNBA FIT Obstacle Course
- Nutrition and Exercise Lecture
- Parent Q&A Session regarding children’s nutrition and physical activity habits

## WHO

**Frank Lopez** is the Lead Clinician for NBA/WNBA FIT. He has more than 15 years of experience working with the NBA’s basketball and fitness programs around the world!

**Felicia Stoler**, D.C.N., M.S., R.D., FACSM is a certified health/fitness professional, registered dietitian, exercise physiologist, expert consultant in nutrition and healthful living, and lecturer at Rutgers University.

## RSVP to

[jackierobinson@ymca.org](mailto:jackierobinson@ymca.org)



## PARTICIPATING PARTNERS



AMERICAN COLLEGE  
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