

# Radnor Township

Recreation & Community Programming Department

PRESENTS

## Family PHYS. ED.™

This fall, gather your children (K-6) and let's get outside to participate in a family physical education class led by a professional Physical Education instructor!

The Family Phys Ed experience will include team building & active problem solving drills, creative body weight exercise circuits, lead-ups to team sports (handball, quidditch, dodgeball, soccer, etc.), classic games such as *Capture the Flag* and *Tag* variations, as well as opportunities for character building and carefully crafted teachable moments.

This is a great way to improve your family's overall health ...**together!**

### Important Health and Safety Information Related to COVID-19:

The Recreation & Community Programming Department continues to closely monitor the evolving situation and information provided by the federal and state agencies including the CDC (Centers for Disease Control and Prevention), the PA Department of Health, and the Governor of Pennsylvania regarding COVID-19 relative to our recreational programming.

If changes and/or new information are put forth by these agencies, updates will be communicated. This may result in the cancellation of the program at any time. As participants' health and safety is a top priority for us, please adhere to the following guidelines for participation :

- Do not attend if you are feeling symptomatic or if you or someone in your household has had an exposure to COVID-19 or has COVID-19
- Face coverings or masks must be worn at all times by the participants and instructor, as possible
- We will practice safe social distancing of 6' or more at all times as possible during class
- Please bring your own hand sanitizer to class

If interested in learning more about this program, please email:

**recreation@radnor.org**

or call

**610-688-5600 x190**

### Registration options:

\*prices below are for all 4 sessions

- \$100 for 1 parent/1 child

- \$125 for 2 parents/1 child

**+\$20 for each additional child**

\*In the event of unforeseen situations such as those imposed by inclement weather or health and safety issues, cancellations may occur.

We will make every effort to reschedule when possible.

**For more information,  
please call 610-688-5600  
x190 or email:  
recreation@radnor.org**

To register, please visit:

**[www.radnorrecreation.com](http://www.radnorrecreation.com)**