

# 4-H Healthy Living Halloween Skate Party

Sunday October 16, 1-3pm Water City Sports: 2801 2<sup>nd</sup> Ave. Marina

Anyone can come but any 4-H members dropped off or without parent must have a medical release form.

Don't forget your costume for a chance at a prize!



October is National Roller Skating month! 10 minutes of skating can burn 95 calories! Your body uses a number of muscles while skating – even if you are going slow.

Bring your own skates or roller blades or rent what the skate rink offers. Wear a fit bit or watch so you can keep track of how much exercise you get.

Wear any time of costume, cape, crazy hair, leggings, body paint, socks – whatever! Be creative!

Healthy snacks will be provided. Bring your own bottle of water



Bring \$10 per skater and we will take of rest!

RSVP to Healthy Living Officer Mackenzie by Wednesday October 12 at (925) 917-0625 with how many are coming and if a parent is staying. This helps us plan the snacks and fun.



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Agriculture and Natural Resources | 4-H Youth Development Program

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