

Saturday, May 15th

the 4th Annual Health & Fitness Day Schedule

**All
Events
are
FREE!**

Capobianco Field

- 10 AM - 11 AM: Body Sculpting Class
- 11 AM - 11:45 AM: Pilates with Karen Mann
- 12 PM - 1 PM: Commendation Ceremony / Volunteer Awards
- 1:20 PM - 2 PM: Karate Demonstration by Shakil's School of Martial Arts
- 2 PM - 3 PM: African Dance Fitness Class with the Drumsong African Dance Group

All Day Events

- Rock Climbing Wall
- Soccer with the New York Red Bulls Freestyle Team
- Childrens' Obstacle Course by Zog Sports
- Golf Swing Analysis by Golf BodyPro
- Massages by the Visiting Nurse Service of New York
- Sports - Themed Inflatables for kids
- Coler - Goldwater Health Screenings
- Hacky Sack Demonstation / Workshop

Handball Courts

- 11 AM - 4 PM: Ping Pong Tournament
- 11 AM - 4 PM: Pee Wee Tennis with Joyce Mincheff
- 2 PM: Ping Pong Exhibition with George Braithwaite

Basketball Court

Tournament Schedule

- 10 AM: Ages 10 - 12
- 10:30 AM: Ages 13 - 15
- 12 PM: Ages 16 - 18
- 1 PM: Adult Wheelchair
- 1 PM: Ages 19 - 34
- 2:30 PM: Ages 35 and up

Good Shepherd Plaza

- 8 AM - 5 PM: Free Mammograms

Lighthouse Park

- 11 AM - 5 PM: Fishing instruction provided by I-Fish NY

For more information, visit rioc.ny.gov or call (212) 832 4540

