

## **GET MOVING WITH 30+5 IN SPRINGFIELD**

### **Summer Fun for Middle Schoolers**

This summer, 30+5 will offer fun physical activity experiences for middle school youth. Designed for upcoming 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> graders in Springfield, 30+5 will be meeting twice a week to offer different ways for kids to get at least their 30 minutes of activity a day. Every Monday and Wednesday from June 16 to August 13, rain or shine, Program Director Nancy Schaefer and Program Assistant daylyn finnegan will be providing equipment and direction for such sports as biking, soccer, hiking, tennis, boxing, and golf. There are 18 different activities for the 18 different days the group meets, and there will be always be an exciting indoor activity planned if the weather turns sour.

The group will meet Mondays and Wednesdays from 2:00 to 3:30 at Riverside Middle School; if it is raining or the weather turns inclement we will move indoors to the Springfield Parks and Recreation Community Center, located at 139 Main Street, Springfield. This event is **FREE** for any upcoming 6<sup>th</sup>, 7<sup>th</sup>, or 8<sup>th</sup> grader, and a snack will be provided. Schaefer and finnegan ask that you dress comfortably and wear sneakers. Please call if you're interested in registering a middle schooler, even if they cannot attend every session or will only participate for parts of the summer. Come and get moving with 30+5. Call 887-3744.

Also, 30+5 is trying to get local vegetable gardeners to **"Plant an Extra Row"** of vegetables in their garden this year to donate to Springfield schools. If you find during August, September, and October that you have extra produce on hand, Carolyn Scully, Cafeteria Services Manager for Springfield, will incorporate this produce into their school lunches. If you're interested in donating, please call 30+5 at 887-3744.

Editors:

For more information about this and other activities, please call 30+5 @ 802-885-3744