



Take the challenge Wednesday,
November 11th from 11a.m. – 1p.m.
at Chinn Aquatics & Fitness Center.

Girls and Boys ages 5-14

Champions from each age category
have the opportunity to move onto the
Regional competition and advance to
National Finals at NBA All-Star 2010
in Dallas, Texas this February!

* PWCS are closed November 11, 2009*

The challenge tests participants' speed, strength, agility, and overall physical fitness through a time-based fitness course that includes:

- Line sprints
- Jump rope
- Speed revolutions
- Wall passes
- Defensive shuffles



\$5.00 registration fee covers lunch for the participant (pizza, fruit, chips and a drink)

Register by November 10th at the front desk or by calling 703-730-1051.

Verification of age by birth certificate or other government ID is required to move on to the Regional level.

For more information contact Leslie Stone, Fitness Coordinator,
at 703-730-1060 or email lstone@pwcparks.org.