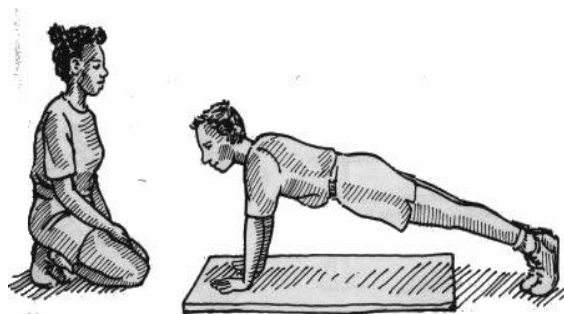


# 2011 FITNESSGRAM TESTING



## Who?

All 5<sup>th</sup>, 7<sup>th</sup>, & 9<sup>th</sup> grade students

## What?

PACER OR Mile Run, Push-Ups, Curls-Ups, Sit & Reach or Shoulder Stretch,  
Trunk Lift, Body Mass Index

## Where and When?

### February

**Indio** – Las Palmas Community Church: February 15 @ 10:00AM

**Anaheim** – La Palma Park: February 16 @ 10:00AM

**San Diego** – SD Academy: February 17 @ 9:00AM & 10:00AM

**Temecula** – Innovation Centre: February 18 @ 8:00AM, 9:00AM, & 10:00AM

### March

**Ramona** – Mountain View Community Church: March 15 @ 10:00AM

**Irvine** – Bill Barber Park: March 16 @ 10:00AM

### Make-Ups

**San Diego** – SD Academy: March 17 @ 10:00AM

**Temecula** – Innovation Centre: March 18 @ 10:00AM

Teachers – Please register your students online.

Students – Please wear appropriate fitness attire.

The FITNESSGRAM should take approximately 45 minutes to complete.

For More Information Please Contact Michael Horvath @ 619-358-9408 or 619-507-7980