

The 5th Annual Health & Fitness Day

**Saturday,
May 14th
10 am – 4 pm**

Health and Fitness Day 2011 Schedule

Fun & Games

Rock Climbing Wall
Pee Wee Tennis with Joyce Mincheff
Kite Flying workshop with Curtis Jones
Inflatable Games
Face Painting sponsored by HealthFirst
Swim with the Marlins Swim Team at the Sportspark Pool
Open Chess Games
Free Smoothies from Jamba Juice 11 am - 3 pm

Youth & Adult Health

Stationary cycling classes all day! Live Drummer. One class every hour, nine people per class.
Back Massages by the Spa Experience
Blood pressure check, Wii Balance Training, back care, upper- extremity strength testing and nutrition education activities with Coler Goldwater
Memorial Sloan-Kettering will be offering information about cancer and MSKCC
Child & Parent Services – Bilinguals Inc. will be providing information about childrens' therapeutic services. Eligible children may receive Speech, Occupational, Physical Therapy, Special instruction or Developmental services in many languages.
Epilepsy education with the Epilepsy Center
Representatives from the Roosevelt Island Disabled Association will be available to answer questions
The Department of the Aging will provide information on Health Wellness, Home Care Services and Senior Tips
The Cornell Extension will be running a Learning Station showing how to read labels and measure the amount of sugar in a variety of beverages.

Fitness Class Schedule

	Tent A	Tent B	Sportspark	Capobianco Lawn
10:00 - 11:00			Swim with the Marlins (9 - 11 am)	
11:00 - 12:00	Pilates			
12:00 - 1:00		Zumba (12-12:30 pm)	Water Aerobics	
1:00 - 2:00		Zumba (1-1:30 pm)	Water Aerobics	
2:00 - 3:00	African Dance	Island Bootcamp	Water Aerobics	Hoop Aerobics
3:00 - 4:00	Karate	Yoga	Free Swim (3 - 7 pm)	Hoop Aerobics*
4:00 - 5:00	Tango	Island Bootcamp	Free Swim (3 - 7 pm)	Hoop Aerobics

*Classes every half hour except from 3:30 - 4:00
Schedule is subject to change.

Pet Activities

Bring your pet to Health and Fitness Day for free pet portraits, "Ask A Vet," low-cost microchipping and more with the Mayor's Alliance and ASPCA.
Tavi & Friends – a non-profit dedicated to improving the lives of special animals with unique challenges through partnership and teamwork, public awareness, TTouch therapy, training and holistic care, rescue and adoption.
Mindful Tails is a premiere companion animals support care services company specializing in the Tellington TTouch approach to training and wellness for pets, based on compassion and respect.

Other Activities

The 2011 Basketball Tournament will be held from 10 am - 4 pm – sign up your team online!
The Ping Pong Tournament will be taking place from 10 am - 4 pm.
Come and skate without freezing on RIRA's synthetic ice skating rink at the Child School, open from 10 am - 4 pm. Small fee.
The New York State Comptroller's office will offer the State Comptroller's Unclaimed Funds service.
Public Safety will conducting car seat safety checks at the Gristedes turnaround.

For more information, visit us online at rioc.ny.gov, on Facebook at [facebook.com/RIOCNY](https://www.facebook.com/RIOCNY) or call 212 832 4540!