

SPONSORED BY THE MIDDLETOWN PREVENTION COALITION

# Middletown Wellness Month Fitness Classes & Wellness Field Day

MARCH 2021

## Wellness/Fitness Classes

The Newport County YMCA will be hosting free online fitness classes during the month of March for youth and Middletown families! To register for classes visit <https://newportymca.org/workout-livestream> (or scan the QR code) Click "**View Group Ex Schedule**" to choose a class, click the arrow in the black screen to join! (If Livestream is showing a previous schedule, refresh browser)



## Wellness Month Field Day: Saturday March 6, 2021

Participate in fun and interactive team building activities geared to build communication, cooperation, trust, and leadership! Activities will meet state COVID and YMCA safety standards. Sponsored by the Middletown Prevention Coalition & the Newport County YMCA. Register at YMCA front desk only, a Parent or Guardian signature is required. **Deadline for sign-up is March 4th.** Space is limited, first come first serve! The fields may be muddy, wear boots! **YMCA Welcome Center Phone Number 401-847-9200**

**Session #1 9:00-10:30 am for youth ages 5-10**

**Session #2 11:00am – 12:30pm for youth ages 11-15**

Visit <https://mpc.middletownri.com/> for more information!  
or email [mpc@middletownri.com](mailto:mpc@middletownri.com)

