



We are pleased to announce the September opening of Fun and Fit Aftercare. Harrison Township's newest and most comprehensive Aftercare program for children in grades K-6.

Located at 33 S. Main Street (home of OKKA-Mullica Hill and the former Trinity Methodist Church), Fun and Fit Aftercare is accessible by Harrison Township school buses using the alternate bus stop process in place at HTS & PVS schools.

Our program features a structured physical activity curriculum, homework support, support for HTS/PVS reading programs (SSR), as well as our own Character Development and Academic Achievement Recognition programs.

A typical day at Fun and Fit will include arrival via school bus or private transportation, structured physical activity sessions, snack time, homework time, creative play and crafts.

Physical activities will include Parkour, Obstacle Courses, Volleyball, Relay Racing, basic Yoga/Stretching, Tai Chi, basic Martial Arts skills and Self-Defense techniques. All activities focus on development of gross motor skills, kinetic awareness, balance, strength and endurance.

Additionally, we will be offering age appropriate seminars on topics including Cyber Safety, Anti-abduction techniques, Bully Prevention strategies, Nutrition/Healthy eating and other engaging topics.

Parents can participate in these seminars and we offer monthly Parent's Night Out activities (usually Saturday evenings).

Fun and Fit Aftercare is owned and operated by a Certified K-12 teacher and a Rowan University Adjunct Professor and Certified Personal Trainer with 10+ years of experience coaching youth sports. Our building has 6,500 square feet of space, including more than 2,000 square feet of padded floors for activities.

Please join us at one of our upcoming Open House events on:

- Friday May 31st – 5:30pm – 7:30pm
- Saturday June 1st – 11:30am – 1:30pm
- Sunday June 2nd – Noon – 2:00pm
- Tuesday June 4th – 6:30pm – 8:30pm
- Friday June 7th – 5:30pm – 7:30pm
- Tuesday June 11th – 6:30 – 8:30pm

Registration opens June 1st. For more information or to be placed on our registration wait list please call (856) 816-1537 or e-mail FunandFit@comcast.net. Follow us on Facebook @FUNandFITaftercare