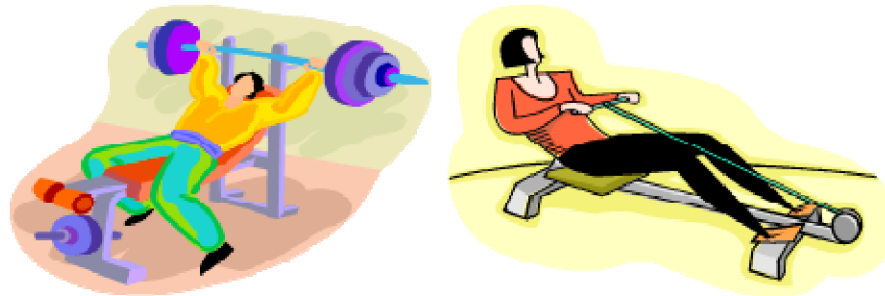


Fitness Night at Castle Rock Middle School



When: November 16, 2009

Time: 6:30 p.m. – 7:30 p.m.

Where: Castle Rock Middle School

Why?

To introduce parents and community members to the new curriculum, equipment, and technology that the Castle Rock School District is implementing in the physical education programs.

What will be taking place?

Attendees will see the new fitness room, heart monitors, pedometers, fitness plans, and other items that students are utilizing at the middle school.

