

# PLAY STREETS

## SUMMER FITNESS & SPORTS PROGRAM

Buffalo PAL PlayStreets presented by Independent Health will provide co-ed youth with six weeks of sports clinics and equipment to promote physical and mental health. All activities will practice social distancing in accordance with COVID-19 Federal Health and Safety Guidelines.



Funded by  
Ralph C. Wilson, Jr.  
Legacy Funds

In  
partnership  
with



City of Buffalo  
**BLOCK CLUBS**

Department of Citizen and Community Services

EVERY PAL PLAYSTREETS PARTICIPANT WILL RECEIVE

# FREE FITNESS EQUIPMENT KITS

THAT INSPIRE YOUTH TO STAY HEALTHY, ACTIVE AND FIT!

**JULY 14 – SEPTEMBER 1, 2020**  
**FROM 6 – 8 P.M.**

*Locations: Various neighborhoods  
throughout the City of Buffalo*

Visit [buffalopal.com](http://buffalopal.com) for locations and more information.



**PAL PlayStreets curriculum includes:**

- Social distancing fitness programs
- Cardiovascular activities
- Strength and agility
- Health and nutrition
- Snack and bottled water giveaways



### COMMUNITY PARTNERS

