

PLAY STREETS

FALL 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.

Presented by 

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!

OCTOBER 1ST - OCTOBER 3RD, 2020 DATES:

Thursday, October 1 @ JFK Recreation Center: 5pm - 7pm
Friday, October 2 @ JFK Recreation Center: 5pm - 7pm
Saturday, October 3 @ JFK Recreation Center: 11am - 1pm

OCTOBER 6TH - OCTOBER 29TH, 2020 DATES:

Tuesday evenings: 4pm - 6pm
Thursday evenings: 4pm - 6pm

PAL PlayStreets curriculum includes:

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

Locations: Various neighborhoods throughout the City of Buffalo
Visit buffalopal.com for locations and more information.



COMMUNITY PARTNERS

