

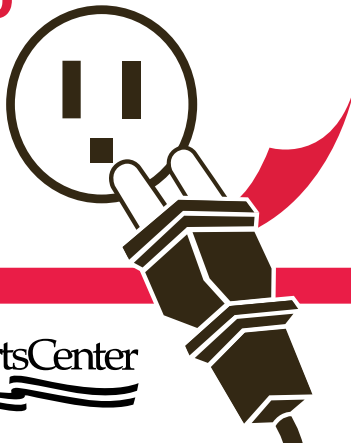
FREE to Everyone!

**NATIONAL DAY OF
UNPLUGGING**

sundown-to-sundown

March 6-7

2020



ClarkSportsCenter

FAMILY NIGHT

at The Clark Sports Center

Friday, March 6

6:00 – 9:00pm

We increasingly miss out on the important moments of our lives as we pass the hours with our noses buried in our devices.

**Turn off the TV's. Turn off the computers. Turn off the phones!
Unplug all of your digital devices and come to the
Sports Center for an evening of fun family activities.**

Rock & Bowl - 6:00-9:00pm

Family Climbing - 6:00-9:00pm

Family Pound Class - 6:00-6:30pm (Studio 1)

Family Board Games - 6:00-9:00pm (Community Room)

Twilight Hike - 6:00-9:00pm

**(Bring clothes for the weather, a head lamp & snowshoes for a 3 mile hike
through forest, fields and marshes. Weather permitting)**

Family Gladiator Game on the Gym Floor - 6:30-7:15pm & 8:00-8:45pm

Open Swim - 6:30-9:00pm

Family Ping Pong Tournament – 6:30pm

(Sign up in the downstairs lobby beginning at 6:00pm.

Teams consist of parent or guardian & child)

Kindermusic Class - 6:45-7:15pm (Meeting Room, Ages 9 months – 4 years)

All participants must have a signed waiver prior to using The Clark Sports Center and its facilities.