

FSO's High Energy Fun in February

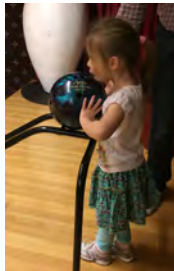
The Children's School Friends Get Their Groove On

Everybody's preschooler's favorite Justin Timberlake song filled the room on Saturday, February 10th as Children's School friends came together to warm-up, do floor work, pop and lock and free style dance with hip-hop flair at Millennium Dance Studio on Pittsburgh's Southside. Highlights included a game of dance and freeze and a chance to burn off winter energy by moving up and down the floor and using beat sticks to learn fast and slow beats. From individual styles to learning to copy choreographed moves, the friends danced the morning away.



Bowling for Friends

Presidents' Day found the friends at Arsenal Bowl in Lawrenceville for two hours of ten-frame fun. Children's bumpers and ball-assist ramps ensured maximum fun for all ages on a very rainy Monday. Friends also had the opportunity to play and socialize across age-groups and classrooms as they overlapped social-time across four lanes. Some parents even got in on the bowling action! The cheers of "strike" were loud, and the happiness factor was present for children and adults alike.



Gymkhana Fun for All

The month ended with a large group trip to Gymkhana for the ultimate energy burn. The famous Gymkhana zip line was out for the brave-hearted, and friends enjoyed mats, trampolines, bars and balance beams for an hour of play, motor skills and gymnastics development. Three Gymkhana staff members helped ensure that all participants were having fun while learning new movements and, of course, staying safe. After a quick warm-up, friends were free to jump, roll, run and explore. One of our favorite annual events did not disappoint, and the friends left with smiles and (we hope) a little less pent-up physical energy.

