



## Sweat or Swim your way to a new fit you!

Fall fitness activities will kick off Monday, October 3, and run through Thursday, December 15.

### Fall On-site Boot Camps

#### **Blue Ridge Elementary**

4:30 pm - Tuesday & Thursday

#### **Commonwealth Elementary**

4:30 pm - Monday & Wednesday

#### **Dulles Elementary**

5:00 pm - Monday & Wednesday

#### **Drabek Elementary**

5:00 pm - Tuesday & Thursday

#### **Mercer Stadium**

5:00 pm - Tuesday & Thursday

#### **Mission Glen Elementary**

4:30 pm - Monday & Wednesday

#### **Settlers Way Elementary**

5:00 am - Monday, Wednesday & Friday

#### **Sienna Crossing Elementary**

4:30 pm - Monday & Wednesday

### Fall Open Swim Program

#### **Don Cook Natatorium**

5:00 pm-8:00 pm

Monday, Wednesday & Friday

#### **Aquatic Practice Facility (Hodges Bend)**

5:00 pm-8:00 pm

Monday, Wednesday & Friday

Check the website for exact days  
and times and to register at

<https://fortbendisd.wildapricot.org/events/>

**LiveWell**  
for a healthy life!

