



Kids! Parents! Hip2B Healthy Fun and Fitness! Soccer, Flag Football, Dance, Zumba, Track, Chefs!

Join Seeds in the Middle for low-cost after-school healthy food, fitness and arts programs!
Starting in December in Crown Heights at public schools or at Hamilton Metz (Lefferts) Park:

- Indoor soccer with the Crown Heights Soccer Eagles: Ages 3 -12 years
- Outdoor flag football - ages 9-14 years
- Zumba - 6 pm, Wednesdays at PS 221, 791 Empire Boulevard and more...

Contact: www.seedsinthemiddle.org , T: 917-756-4202 , Facebook: Like Seeds in the Middle