2026 CEEF FIT-A-THON FIELD DAY

WEDNESDAY - NOVEMBER 18, 2026

1 OBSTACLE COURSE – START



- Start your engines!
- Follow each station to complete the obstacle course.

FOCUS: WARM-UP & HEART RATE

2 TIRE CHANGE DASH



- Run through, step inside or zig-zag around the tires!

FOCUS: COORDINATION & AGILITY

3 PIT CREW CRAWL



- Crawl under the strings while keeping low and using your full body strength!

FOCUS: CORE STRENGTH

4 SPEEDWAY SLALOM



- Weave in and out of the cones like a racetrack curve and try not to knock them down!

FOCUS: BALANCE & CONTROL

5 RACING STEPPING STONES



- Hop from stepping stone to stepping stone, alternating right foot and left foot

FOCUS: BALANCE & COORDINATION

6 FUEL UP STATION



- Pick up a ball and toss it from one bucket to another!

FOCUS: ENDURANCE & CONTROL

7 SPRAY MIST ZONE



- Run through the misting fans to cool down and reset.

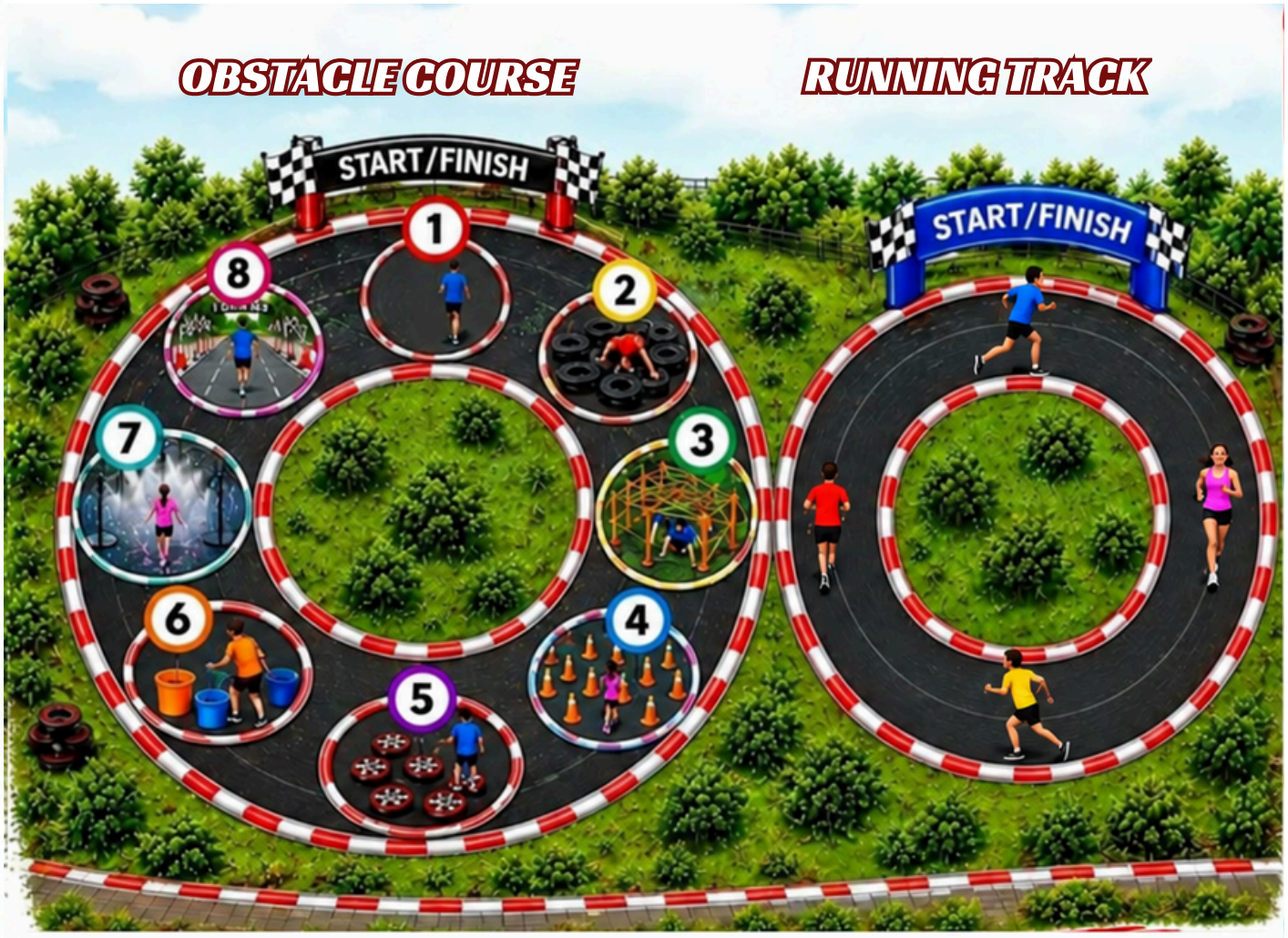
FOCUS: COOL DOWN & RESET

8 VICTORY SPRINT



- Sprint to the finish line!
- Drink some water to hydrate, and let's go again!

FOCUS: STAMINA & GOAL-SETTING



WHICH COURSE WILL YOU PICK? OR DO BOTH!

GRADE LEVELS	FIELD DAY SESSION
SDC, TK & K	9:20 AM - 10:20 AM
Grades 1 & 2	11:00 AM - 12:00 PM
Grades 3 & 4	12:40 PM - 1:40 PM
Grades 5 & 6	1:40 PM - 2:40 PM

SIGN UP TO VOLUNTEER FOR FIELD DAY!

www.cerritosfoundation.com/fit-a-thon

SCAN ME