

**Adelanto Elementary School District combines low-cost physical fitness and free healthy meals during 2017 summer break – over 800 families expected to benefit**



Ms. Norma Spencer, Director of Risk Management at Adelanto Elementary School District (AESD) is joined by staff and lifeguards in the opening of Adelanto's 2017 Aquatic Program. St. Mary is pleased the school district is helping expand access to fun and affordable physical activity while also promoting healthy eating habits. The school district's work plays a role addressing obesity and unhealthy eating habits. Additionally, by offering a USDA summer meal to children each day, food insecurity concerns among poor families is being served.

Starting June 14th through August 5<sup>th</sup> the pool offers the community its only public swimming resource including swim lessons for young children, open swim sessions for all ages and lap swimming for fitness each Wednesday through Saturday from 12pm-4pm. Swim lessons are offered in two week intervals for \$20 and each 4 hour open swim session is \$2.50 per person each day.

Adelanto school district is promoting healthy lunches by offering children (under age 18) a free summer lunch program served at the adjacent Adelanto Elementary School from 10:30am to 11:30am each day and discouraging the public from consuming soda and other sugary beverages. The pool and school are located in north Adelanto at 17931 Jonathon Street. For information about the pool and healthy summer meal program contact - 760.246.5447.