

# ACES

(All Children Exercise Simultaneously)



**Wednesday, May 1<sup>st</sup> 2019** from  
**9:00 - 10:00**

ACES was created by PE teacher Len Saunders in 1989 as a method of getting students motivated to exercise. ACES takes place on the first Wednesday in May as part of National Physical Fitness and Sports Month along with National Physical Education Week.

ACES has been labeled as "the world's largest exercise class" by the media. Since 1989, millions of children from all over the world exercise together to promote proper health and fitness habits.

**\*\*Think of the day as a mini Field Day! Stations will kick off at 9:00 and conclude around 10:00. The excitement surrounding this event last year was amazing! Mr. B is looking for at least 12 parent volunteers! (more would be great). If you are able to volunteer on May 1<sup>st</sup> please email Mr. B at [mbourgoin@suffield.org](mailto:mbourgoin@suffield.org).**

Thank you for helping to make **ACES** an **amazing** day for the kids!

~Matt Bourgoin

AWS Physical Education Teacher