



Field and Sports Days

VOLUNTEER DESCRIPTION

Hosting a Field Day or a Sports Day is a fantastic volunteer opportunity for your team or organization that also provides healthy team-building activities for our clients.

Field Day

Life Styles hosts several Field Days each year on the lawn of our Residential Center in Fayetteville to connect clients and indulge in some friendly competition. In conjunction with Life Styles staff, your team or organization can plan and execute a fun-filled Field Day event that includes activities such as:

- Hula Hoop Ring Toss
- Sack Races
- Sponge Pass Relay Race
- Themed Obstacle Courses
- Three-legged race
- Tug-of-War
- Water Balloon Toss

Sports Day

Join our clients in a friendly game or set up a mini-clinic that combines skill building with physical activity. Sports Days can be held on site at Life Styles or scheduled at the University of Arkansas. Here are just a few of the sports activities you might consider:

- Basketball Afternoon
- Football Camp
- Kickball Afternoon
- Soccer Camp

If you have any questions or would like to host a Field Day or Sports Day, please contact us at volunteering@lifestylesinc.org.



Quality Services for Adults with Disabilities since 1976

2590 W Sycamore|POB 1114 ■ Fayetteville AR 72702 ■ (479) 521 3581 ■ www.lifestylesinc.org