SUMMER SESSIONS

Section 1: June 3 - 7, 2019
Section 2: June 10 - 14, 2019
Section 3: June 17 - 21, 2019
Section 4: June 24 - 28, 2019
Section 5: July 8 - 12, 2019
Section 6: July 15 - 19, 2019
Section 7: July 22 - 26, 2019

8:30 - 11:00 a.m.

$45 per child per week
$30 per child, per week for multiple weeks

Please bring drink(s) and/or snacks for snacktime. 
These will not be provided.

GET IN ON THE FUN!

Space is limited! Reserve your spot now!
For details call the Semper Fit Center at 254-7597
WHAT IS KID FIT???

KID FIT is a GREAT opportunity for children ages 6-12 to learn all aspects of physical wellbeing. Your child will learn the importance of warming up, stretching, cardio respiratory fitness, strength and conditioning, and cooling down.

WHEN DOES IT BEGIN?

KID FIT Sessions will run on Mondays, Wednesdays, and Fridays at 0830-1100 from June 3, 2019 through July 26, 2019. Parents will have the option of selecting which week(s) in this time frame to enroll their child/children. This is a great time for moms and dads to pump some iron or try out one of our various group exercise classes.

WHERE DO I SIGN MY CHILD UP?

Sign up is at the Semper Fit Center Bldg. #3037. Please fill out bottom portion to be submitted with your payment. Space is limited so stop on by today!!! Fees are non-refundable.

Call the Semper Fit Center for more details

254-7597

My child ___________________ has my permission to participate in the KID FIT program at the Semper Fit Center aboard MCBH. I understand that the Semper Fit Center cannot be held liable for injuries that may occur. I understand that I must be able to be reached at all times in case of an emergency. I understand that if my child is disruptive he/she will be asked to sit on the bleachers. If disruptive behavior continues you will be called to pick up your child.

For Office Use Only

Childs Name__________________Age____Birthdate__/__/__M F
Address__________________________________________________
Phone Number__________________Cell Phone__________________
Sponsors Name___________Unit___Work Phone__________
Emerg.Cont. Number___________T-Shirt size:CS CM CL AS AM