

# KidFit

**Ages 6-12**

## **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