

# KidFit

**Ages 6-12**

## **SUMMER SESSIONS**

**Section 1: June 4 – 8, 2018**

**Section 2: June 11 - 15, 2018**

**Section 3: June 18 - 22, 2018**

**Section 4: June 25 - 29, 2018**

**Section 5: July 9 - 13, 2018**

**Section 6: July 16 - 20, 2018**

**Section 7: July 23 - 27, 2018**

**8:30-10:30 a.m.**

**Mon-Wed-Fri @ Semper Fit Center, 3037**

**\$50 per child per week**

**\$45 per child, per week for multiple weeks or multiple children**

*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 4, 2018 through July 27, 2018 at The Semper Fit Center. 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