

New YOUTH FITNESS

AGES 5-17

FIT KIDS | 5 - 13 years

This 30 minutes class will provide an opportunity for kids to get moving, learn body awareness, movement patterns and activities in a safe and fun environment. These will be non-competitive activities designed to get kids moving!

COMMIT TO GET FIT TEEN | 13-17 years

45 minute training sessions twice a week will help to get the inexperienced teen comfortable and confident in the weight room. Program is led by a Certified Personal Trainer.



New YOUTH FITNESS

AGES 5-17



SPRING SESSIONS (MUST BE MEMBER OF CHOICE HEALTH & FITNESS/YMCA)

Session I: March 4 - 30 | Registration Deadline: Feb. 27 (\$10 late fee after deadline)
 Session II: April 1 - 27 | Registration Deadline: March 27 (\$10 late fee after deadline)
 Session III: April 29 - May 25 | Registration Deadline: April 24 (\$10 late fee after deadline)

(CLASSES WILL/WILL NOT RUN BASED ON THE REGISTRATIONS RECEIVED BY THE DEADLINE. IF INTERESTED, PLEASE SIGN UP BEFORE THE DEADLINE.)

FIT KIDS

Fit Kids provides children ages an opportunity to get moving, learn body awareness, movement patterns, and activities in a safe and fun environment.

AGE GROUP	DAYS	TIME	LOCATION	TRAINER	COST	MAX PARTICIPANT
5 - 8 years	Mon & Wed	4:00 - 4:30 pm	PT Studio	Ashley Cota	\$72/Session	14
9 - 13 years	Mon & Wed	4:30 - 5:00 pm	PT Studio	Ashley Cota	\$72/Session	14

COMMIT TO GET FIT TEEN

Training program helps get teens comfortable and confident in the weight room. Under the guidance of a Certified Personal Trainer, teens will learn strength training exercises to maximize their time at the gym.

AGE GROUP	DAYS	TIME	LOCATION	TRAINER	COST	MAX PART.
13 - 17 years	Mon & Wed	4:00 - 4:45 pm	Fitness Floor	Jared Connell	\$96/Sess. \$20/Walk-in	10

CHOICE YOUTH FITNESS REGISTRATION FORM - SPRING SESSION 2019

Name: _____ Date of Birth: ___/___/___ Gender: M F
 Parent Name(s): _____ Email: _____
 Address: _____ City/State/Zip: _____
 Parent Phone: _____ - _____ - _____ Alternate Phone # (work, mobile, etc.) _____ - _____ - _____

I hereby acknowledge the health of my child, listed above, to be ready for vigorous activity and authorize the directors to secure any emergency treatment deemed necessary, and that I hereby release the Grand Forks Park District, Choice Health & Fitness and all employees, executors, and heirs from all claims for injuries, which may be sustained by my child while attending this program. I also understand that any medical bills incurred by my child due to injuries will be my responsibility or the responsibility of my family health insurance plan.

Parent or Guardian Signature: _____ Date: _____

MARK THE SESSION & CLASS IN WHICH YOU WOULD LIKE YOUR SON/DAUGHTER TO PARTICIPATE:

___ SESSION I: March 4 - 30 ___ SESSION II: April 1 - 27 ___ SESSION III: April 29 - May 25

FIT KIDS

<u>AGES 5 - 8 YEARS</u> ___ M & W (4 - 4:30 pm) - \$72	<u>AGES 9 - 13 YEARS</u> ___ M & W (4:30 - 5 pm) - \$72
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COMMIT TO GET FIT TEEN

<u>AGES 13 - 17 YEARS</u> ___ M & W (4 - 4:45 pm) - \$96
