

New YOUTH FITNESS

AGES 5-17

Healthy & Active Kids | 8 - 13 years

60-minutes class introduces youth to health & fitness through fun and interactive Activities focused on healthy lifestyle choices, nutrition, and movement patterns. This four week lesson series is free to our youth members. Healthy & Active Kids will be offered four times per year.

FIT KIDS | 5 - 13 years

30 minutes class providing 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.



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AGES 5-17



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

Session I: June 3-June 28 | Registration Deadline: May 29 (\$10 late fee after deadline)

Session II: July 8-Aug 2 | Registration Deadline: July 3 (\$10 late fee after deadline)

Session III: Aug 5-Aug 30 | Registration Deadline: July 31 (\$10 late fee after deadline)

(KEEP IN MIND THAT CLASSES WILL/WILL NOT RUN BASED ON REGISTRATIONS RECEIVED BY DEADLINE. IF INTERESTED, PLEASE SIGN UP BY DEADLINE.)

Healthy & Active Kids

NEW SUMMER 2019!

4-week program introduces youth to health and fitness through fun and interactive activities with a focus on healthy lifestyle choices, nutrition, and movement patterns. **Dates: June 3 - July 1** (Registration deadline 29 May)

AGE GROUP	DAYS	TIME	LOCATION	TRAINER	COST	MAX PARTICIPANT
8 - 13 years	Mon & Wed	5:00 - 6:00 pm	Choice Community Room	Ashley Cota	FREE	20

FIT KIDS

This 30-min class gets kids moving while teaching them body awareness and movement patterns through fun, non-competitive activities.

AGE GROUP	DAYS	TIME	LOCATION	TRAINER	COST	MAX PARTICIPANT
5 - 8 years	Mon & Wed	3:00 - 3:30 pm	PT Studio	Ashley Cota	\$72/Session	14
9 - 13 years	Mon & Wed	3:30 - 4:00 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 - SUMMER 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: June 3- July 28 ____ SESSION II: July 8-Aug 2 ____ SESSION III: Aug 5-Aug 30

HEALTHY & ACTIVE KIDS

AGES 8 - 13 YEARS

____ M & W (5-6 pm) June 3-July 1

FIT KIDS

AGES 5 - 8 YEARS

____ M & W (3-3:30 pm) - \$72

AGES 9 - 13 YEARS

____ M & W (3:30-4 pm) - \$72

COMMIT TO GET FIT TEEN

AGES 13 - 17 YEARS

____ M & W (4 - 4:45 pm) - \$96

For office use only: Ring up under "FITNESS PROGRAM". Fees listed above. | Add \$10 late fee after deadline.