

New YOUTH FITNESS

AGES 5-17

HEALTHY & ACTIVE KIDS | 8 - 13 years

This 60-minutes class introduces youth to health & fitness through fun and interactive activities which focus 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.

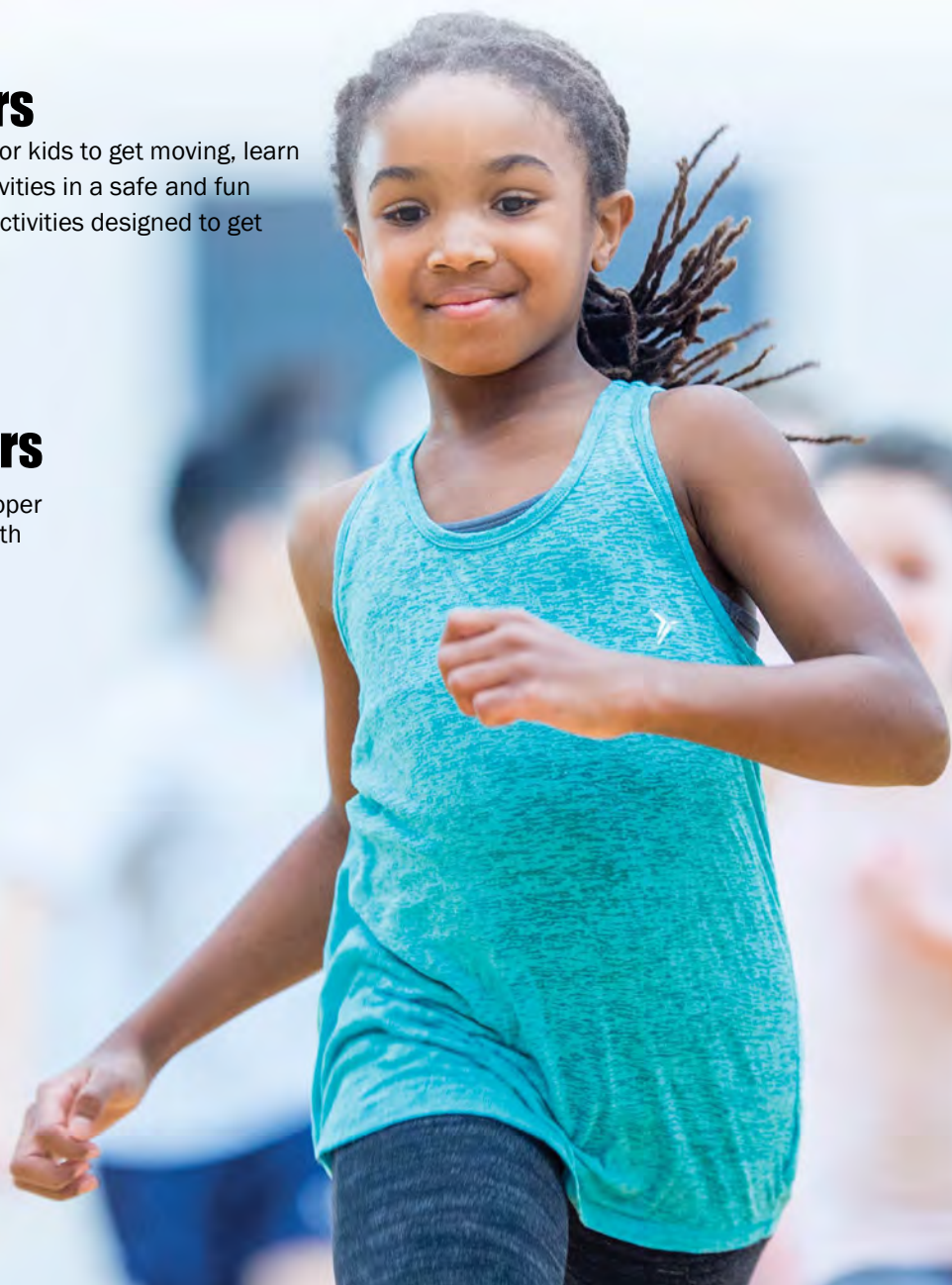
Sept 9 - Sept 30

FIT KIDS | 5 - 13 years

Our 30-minute class provides 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!

SCRAWNY TO BRAWNY | 13-17 years

The goal of this class is to teach beginners proper lifting technique while promoting muscle growth through healthy movement.



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AGES 5-17



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

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

Session II: Sept 30-Oct 26 | Registration Deadline: Sept 26 (\$10 late fee after deadline)

Session III: Oct 28-Nov 23 | Registration Deadline: Oct 24 (\$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 Fall 2019!

4-week program introducing youth Choice Health & Fitness **members** to fitness and nutrition through fun and interactive activities!

Cost: FREE! | **Dates:** Sept. 9 — Sept. 30 (Registration deadline Sept. 5) *Please register at the front desk. Limited to 15 participants.

FIT KIDS

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

AGE GROUP	DAYS	TIME	LOCATION	TRAINER	COST	MAX PARTICIPANTS
5 - 8 years	Tue & Thurs	4:00 - 4:30 pm	Choice Kid Zone	Ashley Cota	\$72/Session	14
9 - 13 years	Tue & Thurs	4:30 - 5:00 pm	Choice Kid Zone	Ashley Cota	\$72/Session	14

SCRAWNY TO BRAWNY

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 PARTICIPANTS
13 - 17 years	Mon, Wed & Fri	7:00 - 7:45 pm	Fitness Floor	James Simon	\$144/Session \$20/Walk-in	10

CHOICE YOUTH FITNESS REGISTRATION FORM - FALL 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: Sept 3—Sept 28 ____ SESSION II: Sept 30—Oct 26 ____ SESSION III: Oct 28—Nov 23

OPERATION FIT KIDS

____ Mon 6:30pm Sept 9—Sept 30

FIT KIDS

AGES 5 - 8 YEARS ____ T & TH (4-4:30 pm) - \$72	AGES 9 - 13 YEARS ____ T & TH (4:30-5 pm) - \$72
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SCRAWNY TO BRAWNY

____ M,W,F (7 - 7:45 pm) - \$96