

CHOICE HEALTH & FITNESS **AGES 5-13** **YOUTH FITNESS**

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.

Apr. 6th–27 : Mondays ONLY 6:30– 7:30pm

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!



YOUTH FITNESS

AGES 5-13



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

Session I: March 2-March 28 | Registration Deadline: February 26 (\$10 late fee after deadline)

Session II: March 30-April 25 | Registration Deadline: March 25 (\$10 late fee after deadline)

Session III: April 27-May 23 | Registration Deadline: April 22 (\$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

Spring 2020

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

Cost: FREE!

Dates: April 6—27 (Registration deadline March 25) *Please register at the Customer Service 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	14
9 - 13 years	Tue & Thurs	4:30 - 5:00 pm	Choice Kid Zone	Ashley Cota	\$72	14

CHOICE YOUTH FITNESS REGISTRATION FORM - SPRING SESSION 2020

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 2—March 28 ____ SESSION II: March 30—April 25 ____ SESSION III: April 27—May 23

HEALTHY & ACTIVE KIDS

____ Mon 6:30pm April 6—April 27

FIT KIDS

AGES 5 - 8 YEARS

____ T & TH (4-4:30 pm) - \$72

AGES 9 - 13 YEARS

____ T & TH (4:30-5 pm) - \$72