



Fun & Fit!

Develop a Strong Body all the way to the Core!
Obstacle Courses, Strength Building, and Games

Mondays

Students will have fun while becoming stronger! Children will be using their muscles in all they do as they experience games, obstacle courses, plyometrics, core strength, endurance, and over all fitness using a variety of physical education equipment. We will also be incorporate snacks, stories and indoor activities on occasion.

- Who: Pre-school
- When: Mondays 3:00-4:00 pm
January 9 - May 21, 2011
- Cost: \$170.00
- Class Size: Class size is limited to 16 students
- Teacher: Michelle Jaramillo
- Where: Playground-gym
- What to Wear: Clothes you can move freely in

Get Fit!

Mondays

Name _____

Any food allergies _____

Parent signature _____ Date _____

Make checks payable to **Michelle Jaramillo**. Children not picked up by 4:00 pm will be taken to Daycare.