



Fun and Fit!

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

Thursdays

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

- Who: Kindergarten-3rd Grades
- When: Thursdays 3:15-4:10 pm
January 5 to May 17, 2012
- Cost: \$170.00
- Class Size: Class size is limited to 20 students
- Teacher: Michelle Jaramillo
- Where: Playground-gym
- What to Wear: Clothes you can move freely in

Get Fit!
Thursdays

Name _____

Any food allergies _____

Parent signature _____

Date _____

Make checks payable to **Michelle Jaramillo**. Children not picked up by 4:15 pm will be taken to Daycare.