

# Fun & Fit!



*Tuesdays*

**Develop a Strong Body all the way to the Core!**

**Obstacle Courses, Strength Building, and Games**

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 incorporating snacks, stories and indoor activities on occasion.

WHO:                               Preschool  
WHEN:                              Tuesdays, 3:00 to 4:00 pm  
  January 8—May 21  
WHERE:                             Ms. Stacey's Room  
FEE:                                 \$180.00  
TEACHER:                         Stacey Harris  
CLASS SIZE:                      Class size is limited to 16 students  
WHAT TO WEAR:                 Clothes you can move freely in

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Name \_\_\_\_\_ Age \_\_\_\_\_

Food Allergies \_\_\_\_\_

Parent Signature \_\_\_\_\_

Date \_\_\_\_\_ Phone number \_\_\_\_\_

Make checks payable to **Stacey Harris**

**Children with Daycare Reservations will be taken to daycare at 4:00 p.m. All other children will need to be picked up from the classroom.**

