

# KidFit

**KidFit** is a physical class where kids use their bodies and muscles in an interactive playground style of movement. This class will promote overall fitness, teamwork, strength, conditioning and fun through a variety of playground games.

- Tag
- Hide and Seek
- Sharks and Minnows
- Obstacle Courses
- Dodgeball
- Four Square
- Fox Tail
- Parachutes
- Frisbee
- And Much, Much More!

Join us and get **KidFit!!!**

- **Who:** Kindergarten-5<sup>th</sup> grades
- **When:** Thursdays 3:15-4:15 pm  
January 10-May 23
- **Cost:** \$180.00
- **Teacher:** Michelle Jaramillo
- **Where:** Kindergarten Building



**KidFit** T-shirts will be available!

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**KidFit**  
(Thursdays)

Name \_\_\_\_\_

Any food allergies \_\_\_\_\_

Parent signature \_\_\_\_\_ Date \_\_\_\_\_

*Make checks payable to Michelle Jaramillo.*

*Children not picked up by 4:20 will be taken to daycare*