



Fun Fitness for Kids

Fit Kids!

Did you know.....that physically active children increase their chance of becoming healthy adults? This new class will include speed, agility and quickness drills, along with core conditioning, balancing, cardio and stretch and posture control!

Your child will learn the fundamentals of how to stay active and fit!

This small group class will allow individual attention and lots of fun too!

Wednesdays

April 25, 2012

6 Weeks!

\$60 Family Members

\$72 Couple/Ind. Members

\$90 Non-Members

Time: 4:15 - 5 pm Ages: 5 - 10 years

Hot House Yoga Studio

Let's motivate children to make them aware of how important it is to stay physically fit and healthy!



Pre-Registration is required. There is a 6 - child minimum to run the class.

For registration form & details please see back of this sheet.

Fit Kids Registration Form

Child(ren)'s Name(s): _____

Age: _____
Age: _____

Parent/Guardian Name: _____

Home Tel: _____

Cell: _____

Email for Program Updates: _____

Address: _____

Town: _____ Zip: _____

Dates: April 25, May 2, 9, 16, 23, 30, 2012

Cost per session:

\$60 for Family Members - \$72 Couple/Ind. Members - \$90 Non members

Payment: Please circle. Cash Check Credit Card Amount: \$ _____

Credit Card Number: _____ Expiration Date: _____

Signature: _____ Date: _____

Children's Program Refund Policy:

I have read and I understand the following: No refunds will be made, but requests accompanied by a doctor's note for illness will receive credit. There are no partial refunds/refunds for absence or no shows. It is understood and agreed that any accident or illness claim will be covered by the parent's insurance. Longfellow Sports Club assumes no responsibility for illness or accidents. We reserve the right to dismiss any child whose behavior is detrimental to the overall good of the program.

I authorize photos or videos to be taken for the Longfellow Website, Member Newsletter and/or program literature.

Signature: _____ Date: _____

For further information, please contact the Children's Program Director,
Caroline Donahue, at (508) 653 4633 ext. 217

longfellowkids@gmail.com