



# Cardio Kids Fitness Tuesdays



**4's Students 2:00 - 3:00 p.m.**

**10 weeks** beginning March 11, 2008

**\$180 per student**



**Presented by My Gym!**

**Cardio Kids** combines fun fitness games and cardio stations to help your children increase endurance and work on gross motor skills. Each week we build confidence and self-esteem through strength and flexibility exercises. We focus on specific muscle groups, utilize a circuit training course, play games, and add fun nutritional tips each week. Our goal is to instill health and fitness as way of life!

All registrations must be pre-paid for your child to participate.  
Please complete and return form to the school office.



**A.C.E. Club Registration Form  
Tuesdays  
Cardio Kids Fitness - \$180**

**Student's name** \_\_\_\_\_ **Teacher's name** \_\_\_\_\_

**Parent's name** \_\_\_\_\_ **Phone #** \_\_\_\_\_

**Emergency contact** \_\_\_\_\_ **Phone #** \_\_\_\_\_

**Fee enclosed \$** \_\_\_\_\_ (check written to WHC - separate check for each ACE Club activity is preferred)

For accounting purposes, we require you to provide a separate check for each ACE Club activity.

**Liability Waiver:** As a participant in a program run by My Gym, my son/daughter is in good health and has my permission to participate in the Cardio Kids program. My Gym assumes no responsibility and will not be held liable for any accident resulting in medical, dental or other expenses.

**Parent's signature** \_\_\_\_\_ **Date** \_\_\_\_\_