

# EMPOWERING FITNESS kids

**PLEASE JOIN US FOR THE EMPOWERING FITNESS KID'S PROGRAM!**

Empowering Fitness is very excited to get the kid program underway again this year! The program will be offered to ages 3-8. The program will start on January 12th, and will run every Saturday through March 16th, which will be 10 total Saturdays. All sessions will be held at the Empowering Fitness location, 203 6th Street in Parkersburg. The age groups will be broken up into 2 different time slots. Ages 3-5 will be from 8:30-9:20am, and ages 6-8 will go from 9:30-10:20am. Our 2019 program will have planned physical activities that focus on age appropriate movement skills that encourage success in a fun atmosphere.

The Kid Program instructor this year will be Madison Johnson. Here is a little information from her.

*Hi there! My name is Madison Johnson and I'm a senior here at Aplington-Parkersburg. My future plans after graduation are to attend UNI and major in elementary education. I tend to work a lot on Wednesdays, but if I get the day off, I can be found helping with the game portion of Awanas in Aplington. For the past two years I have done an internship in the elementary so I have spent time getting to know the kids and their interests. I am super excited to take on the kids program this winter and truly believe the kids will enjoy it as much as I will!*

Registration fee for the program will be \$50.00 for the first child per family, and \$45.00 for each additional child.

A parent/guardian is recommended to stay with the child(ren) participating in the younger age bracket to help assist, but it is not required. We also request that when circumstances dictate that older/younger siblings must accompany the adult to the session, the sibling/visitor should take a passive role during the session so as not to inhibit or endanger the other children.

Registration is open **NOW!** Please help us be prepared for the number of kids to expect, and get registered before the 1<sup>st</sup> of the Year if possible. You can sign your child up on the 1<sup>st</sup> Saturday, January 12<sup>th</sup>, if need be.

Registration forms can be mailed to Empowering Fitness, 307 Brookside Drive, Parkersburg, IA 50665. Feel free to copy this enrollment form for friends that may be interested. Questions may be directed to Angie Brouwer, [angie.brouwer12@gmail.com](mailto:angie.brouwer12@gmail.com) also, please visit our website [www.empoweringfitness.org](http://www.empoweringfitness.org) for information. We are excited to offer this hands on opportunity to the community! We look forward to having you join the Empowering Fitness Kid's family to share in our fun and excitement.

-----Cut & Mail-(Please print)-----

Parent's Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ Email: \_\_\_\_\_

Name of Child: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_ Birthday: \_\_\_\_/\_\_\_\_/\_\_\_\_

Name of Child: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_ Birthday: \_\_\_\_/\_\_\_\_/\_\_\_\_

Do you give permission for us to videotape your child (circle one)? YES NO

Is there any special information that we should know about your child?

**Fees:** \$50 First Child \_\_\_\_\_ \$45 Second Child \_\_\_\_\_ Total: \$ \_\_\_\_\_

**Make checks payable to: Empowering Fitness**

Any other additional children, or information here: \_\_\_\_\_