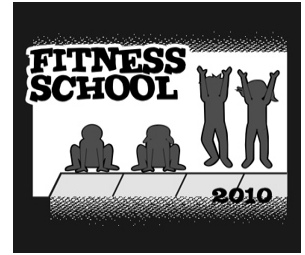


# FITNESS SCHOOL

Fall Session 2010



This after school enrichment class will provide students with a chance to improve their knowledge of fitness concepts while developing and improving their own physical well-being. A variety of light to moderate exercises, as well as fun and exciting activities, will be used to improve coordination, flexibility, stamina, and overall body fitness. With these goals as our foundation, the main philosophy of the class will be to promote the enjoyment of leading a healthy, active lifestyle.

**WHEN:** Session A: Mondays from 3:00 – 4:05 from Sept. 13<sup>th</sup> – Dec. 13<sup>th</sup>  
Session B: Tuesdays from 3:00 – 4:05 from Sept. 14<sup>th</sup> – Dec. 14<sup>th</sup>  
**(Both sessions are open to grades 1- 5!!!)**

**HOW MUCH:** Session A: \$170 for 13 Classes  
Session B: \$170 for 13 Classes  
**\*\*A and B Discount: \$290 for both sessions (same student)**

**WHAT ELSE:** 5<sup>th</sup> graders may attend either session by serving as Fitness Assistants. F.A.s will serve as leaders and role models along with other duties and will therefore receive \$30 off of tuition.

**Fitness School T-Shirts!** I still have a few 2010 shirts left. Remaining shirts are available in my office and are \$15 each.

**TO SIGN UP:** Fill out this form and place it in the FS folder in the office, along with your payment. Please make checks payable to Gregg Pentony or hand cash directly to me (do not leave cash in the folder). If you have questions, or are interested in one of the available scholarships, feel free to contact me at [gpentony@comcast.net](mailto:gpentony@comcast.net).

Child's Name \_\_\_\_\_ Grade \_\_\_\_ Room # \_\_\_\_\_ Session (A or B) \_\_\_\_\_

Child's Name \_\_\_\_\_ Grade \_\_\_\_ Room # \_\_\_\_\_ Session (A or B) \_\_\_\_\_

Child's Name \_\_\_\_\_ Grade \_\_\_\_ Room # \_\_\_\_\_ Session (A or B) \_\_\_\_\_

Parent's Name \_\_\_\_\_ Email address (important!) \_\_\_\_\_

Phone #s (C) \_\_\_\_\_ (H) \_\_\_\_\_ (W) \_\_\_\_\_

After class, my child will: Go to AT \_\_\_ Be picked up \_\_\_ Other \_\_\_\_\_

I would like to add a very special thanks to all the families who have supported FS over the years. The program's huge success is due largely to all of you. Your commitment to health and physical fitness is becoming increasingly apparent and is evidenced in the 5<sup>th</sup> grade fitness test results this past year. Keep up the good work! I'm looking forward to another great year at Fitness School!

- Coach