

MARCH AFTER SCHOOL PROGRAM

HEALTHY KIDS PROGRAM

Nutrition & Fitness Fun

Students will participate in a physical fitness program for children in accordance with the American Heart Association. This class is designed to build a healthy lifestyle and create self-confidence. Student will learn how to use age appropriate equipment including BOSU, medicine balls, hand weights and much more. They will also learn about good food choices and proper nutrition. A Healthy Snack is included.

Session will take place on the following dates:

Kindergarten to grade 5 Monday and Wednesday from 2:50 – 4:00
March 3, 5, 10, 12,17,19,24 and 26th

COST – (checks made payable to the City Of Aventura)
Monday & Wednesday (8 Sessions) \$105 per child

Date of Enrollment_____

Child’s Name:_____

First Name

Last Name

Sex: M F DOB:_____CurrentGradeAttending_____Teacher_____

Parents/Guardian’s Name_____

First Name

Last Name

Phone # Home: () _____ Work () _____ Cell() _____

I, _____ have read and understand the payment schedule and procedures for the Aventura City of Excellence School-Healthy Kids Program.

Signature of parent enrolling child

Date

** For More Information, Please Contact Elizabeth Zappi at 305-244-3506*