



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# PLAY, SWEAT, REPEAT!

FIT KID SUMMER CLUB, ages 8-12  
Eastside YMCA • 2101 Nagle Rd • 899-9622 • ymcaerie.org

Let the Eastside Y offer a fun, active, and healthy summer club for your child. The FIT KID Club offers a healthy snack creation and fitness opportunities such as Zumba®, Les Mills™, Kickboxing, old school gym games, sports and more.



**WHEN:** June 23<sup>rd</sup> – July 30<sup>th</sup>, Tuesdays and Thursdays  
**TIME:** 930a-1130a, includes making a healthy snack  
**FEE:** Members \$5/class; non-members \$10/class  
**Family rate:** Full fee for first child, half off for each additional child  
**LOCATION:** Eastside YMCA  
For more information please contact Amy Grande at [agrande@ymcaerie.org](mailto:agrande@ymcaerie.org)

**FIT KID SUMMER CLUB – Registration starts May 18, 2015**

Name of Participant: \_\_\_\_\_ Age \_\_\_\_ DOB: \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Gender: \_\_\_\_\_

Food Restrictions/allergies: \_\_\_\_\_

How did you hear about this program? \_\_\_\_\_

Name of Parent/Guardian: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_ Are you a Y-member? \_\_\_\_\_ Y \_\_\_\_\_ N

**I am registering for the following classes (Circle all that apply):**

- |                        |                                   |                    |                        |
|------------------------|-----------------------------------|--------------------|------------------------|
| June 23 – Fit Camp     | June 25 – Les Mills™ Born To Move | June 30 – Zumba    | July 2 – Martial Arts  |
| July 7 – Kickboxing    | July 9 – Kickball                 | July 14 – Pilates  | July 16 – Soccer       |
| July 21 – Dance Cardio | July 23 – Basketball              | July 28 – Football | July 30 – Floor Hockey |

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

*\*\*Please note schedule is subject to change without notice. No refunds will be granted.*

*Daily program schedule: 45 minute activity, 30 minute snack, 45 minute activity*