EXTRA

STRENGTH 4 KIDS

The FUN WAY to GET FIT!

STRENGTH™ Long Beach, CA

(562) 688-8936

NAPLES Elementary School

Wednesday's 1:30 — 2:15 PM

Attention

SIGN UP!

1st—5th Graders

STRENGTH™ Long Beach, CA

Highlights

- STRENGTH 4 KIDS will train
  1 day per week over a 8 week period
  for $80
  Stretching, Cardiovascular Drills, Core Conditioning, & Balance.
- Develop Good Fitness & Nutrition
- Class Size limited!.

FREE Strength-T-shirt for 1st time sign up!

CINDI GANS — A.C.E. Certified Personal Trainer
GOLD's GYM Affiliated — C.P.R. Certified

STARTING:

Grades 1—5 Wednesday's

Nov 17th; Dec 1st,8th,15th; Jan 5th,12th,19th,26th

Participant_____ **Age**_____ **Parent Name**_____

Phone_____ **Address**_____ **Grade/Teacher**_____

E-Mail_____ ****SCHOLARSHIPS AVAILABLE****

PLEASE READ CAREFULLY BEFORE SIGNING.

Drop checks in After School Box

1. Strength 4 KIDS reserves the right to cancel any session, in which case a full refund will be made.
2. REFUNDS WILL NOT BE MADE ONCE A PROGRAM HAS BEGUN.
3. Participation in any STRENGTH 4 KIDS activity and use of any recreational facilities involves a risk of accidental injury despite all safety precautions. Having been informed of the activities conducted by STRENGTH 4 KIDS, I/We, as an individual or as a parent or guardian of the participants named herein, assume all risks and hazards incidental to the activities, and release from responsibility and agree to indemnify and hold harmless STRENGTH 4 KIDS, its officer, directors independent contractors, volunteers and all employees for any illness or injury to me or my children or family members during his/her/our participation in any activity or use of any recreational facility at or conducted by STRENGTH 4 KIDS.

Payment Enclosed: $_____**(make $80 check payable to STRENGTH 4 KIDS)**

Signature_____ Parent /Guardian (required as condition of registration)