

Fit Kidz



Fit Kidz is a weekly fitness program designed to introduce children to a lifetime of fitness. Students will learn about and experience: Nutrition, Cardiovascular health, movement training, strength training, flexibility and agility.

Class information:

Open to Boys and Girls ages 7-12

Fridays 4:30-5:30PM

Cost: \$98.52

New, more user friendly system of perpetual enrollment:

- ◆ Never lose your spot in class-you stay enrolled as long as you want!
- ◆ Never miss a registration deadline! All class fees are charged on the 1st of each month.
- ◆ Unlimited makeups for absences (not gym holidays) -makeups for this class are only offered as Parents Night Out
- ◆ Prices are based on a 4 week month but remain the same regardless of whether there are 3, 4, or 5 classes in a month.
- ◆ Monthly fees are lower and more manageable than term fees!
- ◆ Lots of choices for payment-we now take Amex and Bank drafts for payment along with Discover, Visa and Mastercard!
- ◆ Want to use a different form of payment one month? Simply pay with a different form prior to the 1st of the month!
- ◆ Pro-rating for first time students.
- ◆ Discounts: 10% Sibling (lower tuition), 10% additional classes (lower tuition)
- ◆ Annual administration fee required \$40 per child or \$60 family
- ◆ To drop a class, simply fill out a drop form and submit by the 15th of the previous month!

August 2017-July 2018

THE USA GYMNASTICS FITNESS PROGRAM

It's Important

- ◆ Our society has begun to refocus on fitness, especially in regard to healthy, active lifestyles for children. Today's youth have replaced climbing trees, jumping rope and playing tag with video games, computers, television and texting. These sedentary activities are a major reason the fitness message is important.
- ◆ Children run and play from an early age, and they don't realize what they do for fun is also exercise. Exercise is important for complete health, both physically and mentally. Because inactive children are likely to become inactive adults, introducing exercise at a young age can result in long-term benefits.
- ◆ For example, increased physical activity in children has been linked to longer life expectancy and decreased cardiovascular disease. It also helps control weight, reduce blood pressure, raise HDL ("good") cholesterol and reduce the risk of diabetes and some forms of cancer. Physical activity also increases bone mineral density, which lowers a child's risk of osteoporosis.
- ◆ Exercise has also been shown to have a beneficial effect on mental health, decreasing anxiety and depression symptoms; and increasing self-esteem and self-confidence. Moreover, it helps kids cope better with stress. Organized sports add to these benefits by teaching important lessons such as sharing, teamwork and conflict resolution.
- ◆ General corrective exercises, such as the exercises in this program, can minimize the risk of injury. Developing a good fitness foundation for young children sets the groundwork for a lifetime of fitness.
- ◆ *Gymnastics is Fitness!*

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