Strandwood Elementary

Session 1 – 9/10/18 – 11/5/18

Baton Twirling : (Monday 3:00 – 4:00 - Come experience the unique sport of baton twirling, combined with dance, and pom pom! Coach Sandi Rios is one of the USA National Baton Twirling Coaches and teaches competitive baton twirling out of Walnut Creek. This program will teach basic baton skills that help develop hand-eye coordination, focus and quick thinking. Rhythm and movement will also be explored through dance, pom pom, and marching fundamentals. Classes will include conditioning, dance and pom pom with the emphasis on baton twirling.

Open to 1st – 5th Graders! – Meet on Grass Field!

9 Weeks for $115 – 9/10, 9/17, 9/24, 10/1, 10/8, 10/15, 10/22, 10/29, 11/5

Please register through your Strandwood PTA or at www.fitkidsamerica.org and you can also mail form fee to: Checks can be turned into the school office in the PTA Basket.

Fit Kids America
272 Brady St.
Martinez, CA 94553
Questions? Call Keith at 925-989-2577 or keith@fitkidsamerica.org

STUDENT'S NAME DATE

ADDRESS & ZIP CODE

TELEPHONE NUMBER/CELL PHONE BIRTHDAY

SCHOOL/TEACHER/GRADE

SESSION DATES AND PROGRAM

PARENT'S SIGNATURE E-MAIL ADDRESS

PERSONS AUTHORIZED TO PICK UP MY CHILD MY CHILD RETURNS TO ONSITE CHILD CARE: YES NO

PERTINENT MEDICAL CONDITION(S)

PAYMENT METHOD: CHECK NO: _____

RELEASE AND WAIVER OF LIABILITY

I release and hold harmless Fit Kids America, its officers, directors, employees, agents, landlords, lessees and franchises hereafter the "Released Parties" from any and all liability for injury to my child(ren) caused in any manner, including the negligence of the Released Parties, by my child(ren)'s participation in any Fit Kid America program.

I acknowledge that some Fit Kids America programs are designed, through certain movements, concentrate on the cardiovascular system, flexibility, balance, coordination, muscle toning and endurance. The routines allow for a warm-up and cool-down period, and children are advised to warm-up and pace themselves during the course of routines. I acknowledge I have been advised to consult with my physician with respect to any past or present injury, illness, cardiovascular problem, knee problem, or any other condition that may affect my child(ren)'s participation and ability to participate in and endure the exercise program.

I further release the Released Parties from any and all claims for loss or injury to personal property or for personal injury from any cause related to a Fit Kids America program, including but now limited to theft, fire, and the simple negligence of the Released Parties.