



# Kids Fitness Bootcamp

Where Kids Have FUN Getting Fit  
After School Program

**Kids Fitness Bootcamp** conveniently taught by Coach Danni on School premises. We combine cardiovascular and resistance activities for a fun outdoor group workout. We will teach the children to empower themselves by becoming physically fit. Each child will instruct one event and learn leadership values, and responsibility.

**Our goal is to give each kid the self confidence** in knowing how to play all games confidently along with improving aerobic capacity, coordination, strength and mobility, while having fun working out. We will work on individual fitness goals along with team building skills. We will talk about nutrition and making healthy choices. Classes are on a first come, first serve basis only. There are no refunds after the first class. For questions, please email Coach Danni at; CoachDanni4pe@aol.com

Who: Grades K through 5  
Where: At school, meet by the P.F.A. station  
When: **Thursdays** – Oct. 6, 13, 20, 27, Nov. 3, 10, 17, Dec. 1, 8  
Time: 2:30- 3:30 \* (If early out class will be right after school for 1 hour)  
Fee: \$110.00 for 9 Weeks

**STARTS: Thursday October 6, 2011**

**Kids Fitness Bootcamp- Where kids have FUN getting Fit!**

**\$110.00 fee includes: 9 sessions of Thursday classes from 2:30- 3:30**

**REGISTRATION FORM AND FEE OF \$110.00 MUST BE TURNED IN TOGETHER OR YOUR CHILD WILL NOT BE REGISTERED.**

**\*Please make checks payable to Danni's Personal Training**

Please register my child \_\_\_\_\_ Grade & Rm# \_\_\_\_\_

Parent's Names \_\_\_\_\_ Home # \_\_\_\_\_ Cell# \_\_\_\_\_

Email \_\_\_\_\_

\*It is the responsibility of the parent/ legal guardian to ensure that your child arrives at, and is promptly picked up from class. Neither Coach Danni, Danni's Personal Training, L.A.U.S.D., Woodlake Elementary School, their agents, employees, or administrators will assume liability. The undersigned hereby agrees to defend, indemnify, and hold harmless, Coach Danni, Danni's Personal Training, L.A.U.S.D. and Woodlake Elementary School from and against any and all loss, liability, charges, and expenses, (including attorney fees), and costs which may arise by reason of participation in this program. As the parent/legal guardian, I hereby consent to emergency treatment of my minor child as a result of accident or injury. I further agree to pay any and all costs incurred as a result of said treatment. I further agree to expressly assume risk of my minor child participating in this program.

Parent or Legal Guardian \_\_\_\_\_ Date \_\_\_\_\_