

Hillcrest Kids in Action

"Just Move"



When: Wednesdays – after-school to 4:30

April 7, 14, 21 May 5, 12, 19 (not held on early out – April 28th)

Place: Hillcrest Elementary School

Cost: No charge

Activities: Designed to promote healthy life style choices and movement.

- Promote self-confidence.
- Increase self-esteem.
- Develop team building skills.
- Choose nutritious snacks.
- Promote physical activity and movement.

Need: tennis shoes, comfortable shorts / pants, water bottle



Instructor: Heather Flock, Fitness Influence

Registration:

Parents: To register your child for this program, please complete the form below and return to your child's teacher by April 1st, 2010. Thank you.

Name of Child / Children: _____

Grade: _____

Parent Name: _____ Phone #: _____

Emergency Contact: _____

Parent Signature

Date:

Children need to be picked up at Hillcrest at 4:30. If transportation after the program is a concern, please contact Mrs. Johnson, Hillcrest principal, (273-3912), as we want this program to be available to all children who are interested in participating.