

Fit and Fun Club

Who: All grades are welcome

When: Wednesday 3:00-4:15pm

Where: SKS gym

What: Learn different exercise programs and tips on keeping healthy while having fun at the same time.

★ Fit and Fun Club Sign Up Form ★

Child's Name: _____

Food Allergies: _____

Parent Contact Information:

Email: _____

Cell Phone: _____



_____ **Wednesday, October 25th**- Stretch and Agility Skills

_____ **Wednesday, November 8th**- Mindfulness, Meditation and Yoga

_____ **Wednesday, November 15th**- Zumba

_____ **Wednesday, November 29th**- BOOTCAMP!! (Work off that Turkey Dinner)

***\$25 per Session or all 4 sessions for \$85!**

***Please return form and payment of cash or check made payable to Katie Tosti by Tuesday October, 24th. All envelopes can be dropped off to Katie Tosti or Christina Elisio.**

***Please bring sneakers and a change of clothes.**

***A healthy snack and drink will be provided.**

*** Please sign waiver on back ***

Waiver Form

Students who wish to participate in any phase of scholastic activities are required to be fully covered by insurance in case of accident or injury. This applies only in case of insurance specifically covering accidents or injuries received while participating in a school athletic program, camping and other after-school activities.

I, as a parent/guardian of _____ have insurance coverage for my son/daughter which provides coverage for accidents or injuries received while participating in a school activity program. I assume all responsibility and waive all claims against St. Katharine of Siena School for any injury my son/daughter may receive as a result of participation in any school activity program at St. Katharine of Siena School.

Signature: _____ Date: _____