

Hello Parents!

I wanted to let everyone know that we are offering an 8 week after-school program called **Fitness Improves Thinking Kids** starting **March 22nd and ending May 21st**. The time after school presents an ideal opportunity for enjoyable physical activity, physical fitness and nutrition education. Evidence suggests that fitness improves thinking and we will focus on exercise and fitness daily. I will also offer a spring break camp April 5th-9th from 6:30am to 6:00pm for those already enrolled in the FIT Kids afterschool program.

FIT Kids Program Description

- Daily homework & academic assistance by board certified teachers
- For grades 2-5 only.
- Includes ILE FIT KIDS apparel.
- Daily fitness program.
- Individual sports covered: Gymnastics, Pickleball, Badminton, and Dance Dance Revolution
- Team sports covered: Basketball, Flag Football, Volley Ball, Soccer, and Floor Hockey
- Includes a healthy weight control program
- Healthy snacks provided each day.
- **Full day program option on spring break April 5th-9th days including 2 snacks.**

FIT Kids Objectives:

- Involve children in at least 120 minutes of physical activity
- Refine motor skills and participate in a variety of fitness and sport activities
- Provide children with a broad range of enjoyable activities
- Enhance self efficacy toward making healthy food choices and self monitoring of physical activity engagement

FIT Kids Schedule:

- 2-3:30 Homework center and snack time. ***Homework assistance and tutoring provided by Indian Land Elementary's 2nd-5th grade teachers.***
- 3:30-3:45 Stretching and exercises
- 3:45-4:45 Structured Activity (will have 2 activity choices)
- 4:45-5:45 Structured Activity (will have 2 activity choices)
- 5:45-6:00 Equipment breakdown and prepare for dismissal

FIT Kids Costs:

- **\$60.00 per week or \$220 a month which is \$20 off when you pay for 4 weeks!**
- **Parents must register ASAP because there is only 30 open slots!**
- **Parents may register by filling out the back of this paper and returning it with \$60.00 or \$220 cash or check made payable to: FIT KIDS club**