

STRETCH-N-GROW

THE FABUOUSLY FUN FITNESS PROGRAM FOR KIDS

BEGINNING IN SEPTEMBER AND CONTINUING THROUGH MAY, STRETCH-N-GROW CLASSES WILL ONCE AGAIN BE OFFERED TO ALL PRESCHOOL CHILDREN.

STRETCH-N-GROW IS A PHYSICAL FITNESS ACTIVITY AND REQUIRES EACH CHILD TO OBTAIN PARENTAL PERMISSION IN ORDER TO PARTICIPATE. STRETCH-N-GROW TAKES PLACE DURING THEIR NORMAL GYM CLASS ON MOST THURSDAYS AND FRIDAYS.

MY CHILD'S NAME: _____

BIRTHDATE: _____

PARENT/GUARDIAN NAME: _____

I would like my child to attend the Stretch-n-Grow classes being held at Church of the Lakes. I understand that Stretch-n-Grow is a physical fitness activity and I will not hold Stretch-n-Grow, its owners, or employees liable for any injury or accidents that may occur during class. My child (does/does not) have health or physical restrictions that would limit his/her ability to participate.

PARENT/GUARDIAN SIGNATURE: _____

DATE: _____

PHONE: _____