



THE FABUOUSLY FUN FITNESS PROGRAM FOR KIDS

Church of the Lakes Child Care center offers Stretch-N-Grow classes to all preschool children at no extra charge . Classes run October Thru April.

Stretch-N-Grow is a physical fitness activity and requires each child to obtain parental permission in order to participate. Stretch-N-Grow classes are held during normal gym class time on most Thursdays and Fridays

My Child's Name: _____ Birthdate: _____

Parent/Guardian Name: _____

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

Parent/Guardian's Signature: _____

Date: _____ Phone #: _____