

Enrichment Class with Coach J.

11/4 - 11/18 - 11/25 - 12/2 - 12/9 - 12/16 - 01/13

Mondays

3:45pm to 4:45pm

**SESSION
2**

Email:

Coach J

paulo.jordao@imagineschools.org

Our unique SESSION of CrossFit for Kids was designed to integrate gymnastics, endurance, agility, coordination, balance, and strength, using fun games and our challenging "Kids Ninja Warrior Style" obstacle courses!



Please return the bottom portion with check (\$100) payable to ISAB

Mondays

3:45pm to 4:45pm

NINJA CAMP ENRICHMENT CLASS

Dates: 11/4 - 11/18 - 11/25 - 12/2 - 12/9 - 12/16 - 01/13

Student's Name: _____ Grade: _____

Parent's Name: _____ Homeroom Teacher: _____

Email: _____

Picture Documentation Permission ()yes ()no

Phone Number: _____

Exercise promotes healthy life styles

Exercise increases positive self perception

When kids Exercise their grades go up

Exercise teaches how to work as a team

Exercise improve kids behavior

