



Gymnastics - Sports - Fun!

"Making kids smile for fifteen years!"

With fifteen years of experience, PowerFitKids, is committed to providing the most progressive children's fitness program available in the industry.



We will be the highlight of your child's week!

- *Imaginative Lesson Plans
- *Caring, Creative instructors facilitate a confidence building experience

4/11 - 6/27

Office: (215) 778 - 5460

Classes held here at your child's school!

Please detach and complete and submit form.

Child's Name _____ Center Name/Loc. _____

Age _____ Birth Date _____

Boy _____ Girl _____ Phone (h) _____ (c) _____

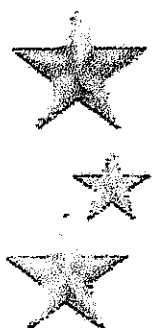
Address _____

City/State/Zip _____

I have read and agree to the policies of this program. Read program/policy guide on the back of this form.

Parent Signature _____

Date _____



Tuition Fee of \$150. is due every 12 weeks.

Please make checks payable to: Ken Novick

Program Information

Gymnastics:

Gymnastics training develops kinesthetic awareness. This is a child's spatial conception of their body's position. When a child is able to identify their body's position relative to its surroundings, they have the advantage to react accordingly, thus decreasing the possibility of injury and increasing coordination and muscle memory. An early introduction to this kind of self awareness facilitated by caring, supportive instructors dramatically impacts a child's confidence in themselves. PowerFitKids is a progressive gymnastics program where each new skill builds on the last. Proper progression promotes a safe, confidence yielding experience. Skills taught include: forward roll, backward roll, handstand, cartwheel, vaulting, balance beam skills, proper landing, and many others. Gymnastics classes provide an incredible opportunity for your child to develop strength and flexibility while having fun.

Developmental Sports and Sport Specific Movements:

A child's environment should be filled with opportunities to succeed. The PowerFitKids staff thrives on identifying these specific achievements with enthusiasm and genuinely sharing in your child's sense of accomplishment. Each week a different sports specific movement is incorporated into the lesson plan and is referenced and reinforced throughout the year. This includes throwing, catching, kicking, and stopping various balls and equipment as well as touching on general concepts of different sports.

Who is PowerFitKids Inc.?

For seventeen years we have been completely focused on developing and evolving as fitness instructors for children. PowerFitKids has presented itself as the premier fitness program available for children. We support this statement by providing service with professionalism and dedication to our chosen craft. We have children also and understand what they mean to you.

Good Faith:

Once registered, the instructors exercise a good faith agreement with the parent/guardian. Tuition is due prior to the start of each and every session. Reminders are placed at either the parent board, front door, or the PFK bulletin board. If a payment is late, your child will attend class; a late fee of three dollars will be charged; Re-deposit check charge \$18... Returned check \$20. Programs annual cost factors in one instructor sick or snow day annually (Sept.-Avg.) subsequent missed lessons will be rescheduled.

Liability Waiver: I/we the parent(s) or legal guardian will not hold PowerFitKids Inc. or Staff responsible for any accidents or injuries as a result of normal class participation.

Tuition: 12 wk session: \$150-

*Annual registration fee:

* Checks made payable to Ken Novick

Prolonged absence:

If prolonged absence, vacation, or withdraw from program, please notify instructor in writing (10) days prior to the start of the next session and dates of classes to be missed. With note please include check for 12, 50 & number of classes your child will be attending in that session.

Observation/Performance:

When challenged in a learning environment with a parent/guardian present, our children either perform, withdraw, or "over-perform". While we encouraged parent visitation we ask visits to be limited to the last week of the session. No videotaping. For promotional purposes, classes may be photographed at center.

Don't forget... PowerFit Parties!
"We bring the fun to you!"



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