

Child's name _____ age _____ sex _____

DOB _____ Dates Attending: (circle) Feb 1 2 3 8 9 10 15 16 17 22 23 24

Parent/Guardian Name _____

Mailing Address _____

Town _____ ST _____ Zip _____

Email _____

Would you like to be on the GYC Email List Y N

Home Phone _____

Cell _____ Work _____

Emergency Contacts

Name _____ Relationship _____

Phone _____

Please list any allergies/medical problems _____

Participation in this program may involve risk of injury. As a parent, guardian or participant, I am aware of these hazards and my ability to participate. In consideration for participation in the program listed above, I hereby for myself, my heirs, executors and administrators waive and release all rights against the Gilford Youth Center, the Gilford Community Church, its officers, employees, agents, volunteers, and supervisors, except in the case of their sole negligence, from all losses, injury, damages, fees, and other expenses, arising out of or in connection with participation in the program and activities.

In addition, I give my permission for the child to be treated by qualified medical personnel in the event that the above named parent/guardian cannot be reached at the phone numbers provided.

As a parent, guardian or participant, I allow the Gilford Youth Center to take my child's picture/video for advertising and promotional purposes.

Signature of Parent/Guardian

date



Lunch Bunch

Children's Fitness Club



February Session

Lunch Bunch

Come right from your day at The Village Nursery School (a little extra time off for mom) or just come in for the day to get some extra energy out! Pack a lunch to eat with your friends and then enjoy a variety of fitness games and activities while also learning about health and nutrition. We will be doing everything from basketball, hockey, kickball, dancing, yoga, boot camp, acting, team building games, obstacle courses, relay races, and more.



Ages: 3-6 Year Olds

Class Schedule

Wednesdays, Thursdays and Fridays

February 1 2 3
8 9 10
15 16 17
22 23 24

Time: 12-2pm

Cost: \$65 for entire Session
\$7 per class

*Ask about Siblings rate

What to Bring:

- Lunch
- Running Shoes
- Active Clothing



Meet the Staff

Karla Cooper has dedicated her life to children for over ten years. She holds a degree in Early Childhood Education and has experience teaching Pre-school, Kindergarten, and Running her own After-School Program. She owns a Business called Karla's Creative Kidz teaching Dance and Enrichment classes to children. She maintains an active CPR qualification, and is also Certified Dance Instructor. Karla was recently married and is new to the Lakes Region Area.



This Class Enhances Children's:

- ~ Self-esteem
- ~ Coordination
- ~ Strength
- ~ Attention span
- ~ Balance
- ~ Flexibility
- ~ Confidence
- ~ Body Awareness
- ~ Creativity