



How to Register

Space is limited for this program.

To secure your spot in the program, please fill out the registration information on the back of this brochure and return it to Gilford Community Church main office.

Registration Deadline: 9/7/09

A \$5.00 deposit is due with registration form. This deposit will be put toward your overall due amount. This deposit is non-refundable.

Payment for this program will be due by the first scheduled class.

Any questions/Concerns?
Please contact Scott Hodsdon
At: gccscott@metrocast.net, or
call
603-524-6057

Child's Name

Age _____ Gender _____

Parent/Guardian Name

Address

City _____ ST _____

Phone _____

Email _____

****IMPORTANT****

Submitting this form only secures your child's spot in the program. You will need to fill out an emergency form and liability form before the start of the program.

The Gilford Youth Center
19 Potter Hill Road
Gilford, NH 03249
Phone: 603-524-6057



Children's Gym and Fitness Class



FALL SESSION
SEPTEMBER 2009

Children's Gym and Fitness Class

Mission

To help young children develop motor learning and motor development skills in a safe, supervised and fun environment through games, activities and exercises.

The Children's Gym and Fitness Class is intended to familiarize young children, ages 3-5, with their bodies, minds and their personal space. Through interactive group games, activities, and exercises, children will enjoy time with fellow peers, while focusing on several areas of fitness and development such as:

- Balance
- Coordination
- Personal Space
- Running
- Jumping
- Throwing/Catching
- Following Directions

Children will learn how to play in a group setting while following simple rules and boundaries. This is an opportunity for children to learn a variety of body and spatial awareness concepts through fun games, as well as how to manipulate objects such as bean bags, scarves, jump ropes, hoola hoops, and more. There will be a maximum of 10 children per session. This allows instructors to give each child the appropriate level of support where needed.

SESSION 1 SCHEDULE

Age 3: Four Classes

Mondays 11:45-12:30

Dates: 9/14, 9/21, 9/28, 10/5

Ages 4-5: Eight Classes

Tuesdays and Thursdays 11:45-12:30

Dates: 9/15, 9/17, 9/22, 9/24, 9/29, 10/1
10/6, 10/8

COST

Age 3

Entire Session (4 classes): \$20.00

Each Class: \$7.00
(Only if space is available. See Below)

Age 4-5

Entire Session (8 classes): \$40.00

Each class: \$7.00
(Only if space is available, See Below)

*Registrations for single classes will only be accepted if space is available. We encourage parents to register for the entire session.

****The Gilford Youth Center offers financial aid. Please contact the office to find out if you are eligible.**