



FITNESS FUN



Returns



A co-sponsored summer program



with

The Georgetown Park & Recreation Commission.



OPTIONAL SESSION DATES:

Session 1: June 27 - June 30, 9:45 a.m. to 11:00 a.m. Make-up day if inclement weather, July 1

Session 2: July 11 - July 15, 8:45 a.m. to 10:00 a.m.

Session 3: July 11 - July 15, 10:45 a.m. to 12:00 p.m.

Session 4: July 18 - July 22, 8:45 a.m. to 10:00 a.m.

Session 5: July 18 - July 22, 10:45 a.m. to 12:00 p.m.

Make-up days if inclement weather for sessions 2 to 6: July 25 and July 26, 10:45 a.m. to 12:00 p.m.

SESSION RATE: \$35.00 per session

PLACE: American Legion Park, Georgetown

AGES: 5 - 10 y.o. (mature 4 y.o.'s are welcome)

All will meet together for some activities and divided into age appropriate groups for other activities.

ACTIVITIES: Feeling nostalgic for wholesome, free-spirited fun of yester years and wanting your kids to experience the kind of play that you likely did as a child? If so, then this is the program for your kids! Kids will experience old-fashioned, non-competitive fun while playing age appropriate activities, like "duck, duck goose", "red light/green light," "Mother May I" for the younger kids and monkey in the middle, paddle ball games, fishy - fishy cross my ocean, water balloon games and creative relay races for older kids. Kids will also use pedometers, donated by Anna Jacques Hospital, to measure their steps for a body mass index appreciation.

The American Academy of Pediatrics reports that free and unstructured play is essential for helping children to reach important social, emotional and cognitive development milestones, as well as helping them to manage stress and become resilient. This program is led by Kara McCormack, licensed attorney, child legal advocate and founder of Fitness Fun with assistant, Betty Farino.

LIMITED SPACE AVAILABLE! 20 STUDENTS, open to residents and non-residents. Call or email Kara McCormack, Fitness Fun Founder, for an application and to reserve your spot! 978-948-2600; fitnessfunforkids@gmail.com





FITNESS FUN



Application for 2011 Summer Program

Location: American Legion Park, Georgetown

Please select sessions:

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\$35.00 per Session

CHILD'S NAME: _____

PARENT/GUARDIAN NAME: _____

ADDRESS: _____

HOME PHONE: _____

WORK PHONE: _____

CELL PHONE: _____

PARENT'S EMAIL ADDRESS: _____

Gender: _____ DATE OF BIRTH _____ AGE (at date of program) _____

Health problems we should know about: _____

Allergies (especially food or bee sting allergies) _____

Co-sponsored by the Tri-town Council
Return forms and payment by June 25, 2011

Fitness Fun

P.O. Box 374, Georgetown, MA 0183

Kara McCormack at 978-764-4769

fitnessfunforkids@gmail.com





Fitness Fun



Agreement of Release & Waiver of Liability:

I, _____ (print parent or guardian name), hereby agree to the following: that my child(ren) is/are participating in a wellness program. I am fully aware of the risks and hazards involved.

I understand that it is my responsibility to consult with a physician prior to and regarding my child(ren)'s participation in the walking program. I represent and warrant that my child(ren) is/are physically fit and has no medical condition that would prevent his/her/them from full participation in the program.

On behalf of myself and my child(ren), I agree to forever release the owner of Fitness Fun, its employees or contracted instructors, volunteers and any and all individuals assisting in Fitness Fun, and the Town of Georgetown, its employees, agents, officials, and board members from any and all claims, rights of action and causes of action that may have arisen in the past, or may arise in the future, directly or indirectly, from personal injuries to my child or property damage resulting from my child(ren)'s participation in Fitness Fun.

In the event that I cannot be reached, I authorize the owner, employee or contracted instructor to act for me according to his or her best judgment in any case requiring attention.

I understand that video and/or photographs of participants may be used for promotional purposes.

I have read the foregoing and fully understand its contents. I voluntarily agree to the terms and conditions stated above.



Parent or Guardian Signature:



Date