

ADVANCED YOUTH FITNESS TRAINING

SUMMER 2018 GRADES 2-6

Who: Students entering into 2nd – 6th grades who have a desire to improve their ability to move and enjoy intense physical activity.

What: Participants in this camp will develop skills in movement efficiency (running form and mechanics), multi-directional movement, coordination, balance, and injury prevention as well as enhance participants' levels of strength and endurance.

When and Where: Tuesday and Thursday 1:00-2:00 in the Arboretum Gym from June 19th - July 26th

Cost: \$90 Please make checks out to Waunakee Community School District. Please mail-in registration form and payment by **June 8th** and send to:

Arboretum Elementary School
1350 Arboretum Drive
Waunakee, WI, 53597
Attention: Rod Holler/Jonathon Gustafson

Questions call: Jonathon Gustafson at 608-469-8872 or Rod Holler at 608-445-7969

Email: jgustafson@waunakee.k12.wi.us or rholler@wauankee.k12.wi.us

Note: Maximum enrollment per session is 30 students

Please fill out below and mail in to the address above.

In consideration of the permission granted I hereby grant permission for the person named herein to participate in the program described and associated activities provided by the Advanced Youth Fitness staff . I further release Waunakee School District, Arboretum/Prairie Elementary School and the Advanced Youth Fitness staff from all actions, damages, claims, or demands and all liability, which might be incurred during the conduct of this activity. I acknowledge the risk and responsibilities involved in this activity. I have read this release and understand all its terms and execute it voluntarily and with full knowledge of its significance.

Participant Name: _____ Grade: _____

Email: _____ Phone Number: _____

Parent's Name: _____

Parent's Signature: _____