

# Kid Fit

## Ages 3-5 years

Kids will experience a wide range of sports and fitness activities. Children will experience a new and exciting activity each week as they focus on improving and developing fine and gross motor skills, flexibility, balance and muscle development. Baseball, soccer, basketball, flag football, tennis and other non-sports based lessons make up the curriculum. All lessons are age specific. The goal of Kid Fit is for children to form a solid foundation of healthy living and physical well-being through sports and fitness activities in a fun atmosphere.

Kid Fit USA is a Sports/Fitness company formed in 1996. Kid Fit introduces students to a wide range of sports and fitness activities in a fun and exciting way. Currently, Kid Fit is being offered at over 20 Houston area schools.

January 31 - May 15, 2012 (no class March 13 & April 10)  
Tuesdays, 2:30 - 3:15 p.m., Ages 3-5 yrs.



# Kid Fit — Registration Form

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ ZIP: \_\_\_\_\_

AGE: \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_

WHAT SCHOOL DO YOU ATTEND: \_\_\_\_\_

PARENT'S NAME: \_\_\_\_\_

HOME PHONE: ( \_\_\_\_\_ ) \_\_\_\_\_

CELL PHONE: ( \_\_\_\_\_ ) \_\_\_\_\_

E-MAIL ADDRESS: \_\_\_\_\_

MEMBER OF ST. MARTIN'S? (YES OR NO): \_\_\_\_\_

KNOWN FOOD ALLERGIES: \_\_\_\_\_

FEE:

St. Martin's Member - \$195 Non-Church Member - \$205

Minimum: 10

Please fill out and sign Activity Center release form for this activity.

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Ages 3-5 yrs. (no class March 13 & April 10)

**Please bring a can of infant formula to help LIFE/Houston.**

**Advance registration is HIGHLY RECOMMENDED.**

If you would like to pay by credit card, please use the credit card form at the back of this book. Make checks payable to St. Martin's Activity Center and enroll by returning this form and fee (check or credit card form) to St. Martin's Activity Center, 717 Sage Road, Houston, TX 77056