



Homeschool Fitness 2018

Days and Times

10-11am

Tuesday & Thursday

Tuesday= Fun Fitness



Thursday= Awesome Aquatics



*both classes meet from 10-11am

*see schedule attached

Pricing

(For one Month)

Tuesday or Thursday- \$20.00, additional child \$10.00

Tuesday and Thursday- \$30.00, additional child \$5.00

Family membership- \$40.00 FREE
homeschool classes & full use of facility for child and parent.

Requirements

Ages: 5 – 14 years

Aquatics

Swim suits covering stomach area for girls

Swim trunks for boys

Fitness

Athletic shoes, water bottles recommended

What to Expect

- Fun and engaging games for all ages.
- Two age groups, 5-9 and 10-14. (Both groups will meet at the same time.)
- A wide range of team sports and games to develop team building and fitness.



Happy New Year!!!

We are excited that you have considered checking into what we have to offer your child(ren), and you, for Homeschooling Fitness!

As things stand our aquatics director Katie Keyes, and our athletic director Dan Hippy will be leading every Tuesday & Thursday. They will be working together to bring you the best possible class offerings for your child(ren.)

Every Tuesday class (10 – 11am) will focus on sport & exercise activities in our facility during cold/wet days. Or, on one of our fields outside, during accommodating weather conditions.

Every Thursday class (10 – 11am) will focus on sport & exercise activities in our pool and pool area.

As this program is new, feedback and suggestions are welcome as this program grows and expands. Currently, a monthly schedule had been developed to keep families informed and up to date on what activities we offer in hopes of maintaining your child(ren)'s best interest(s) and uphold an age appropriate program!

Thank you so much for the opportunity to teach and minister to your child(ren). We look forward to this new program and all the exciting things it will bring. Contact information for Katie Keyes and Dan Hippy will be at the closing of this letter if you have any questions or concerns.

Also, the church and ministers here would love to extend the invitation for you and your family to come visit us on any Sunday morning if you don't have a "home church." Our Sunday service times are 8:30am, 9:45am & 11:00am.

Dan Hippy

Minister of Fitness Ministry

Email: danh@fccministries.com

Katie Keyes

Aquatics Director

Email: katie.keyes@fccministries.com

Family Life Fitness Center Homeschool Fitness 2018

Registration Form

| | |
|--------------------------------|-----------|
| Participants Name _____ | Age _____ |
| Participants Name _____ | Age _____ |
| Participants Name _____ | Age _____ |
| Participants Name _____ | Age _____ |
| Participants Name _____ | Age _____ |
| Participants Name _____ | Age _____ |
| Address _____ | |
| Parent's/ Guardians Name _____ | |
| Contact Number _____ | |
| Email _____ | |

PLEASE CIRCLE ALL THAT APPLY

Tuesday –Fantastic Fitness (10:00-11:00 am) - **\$20.00 First child, additional child \$10.00**

Thursday- Awesome Aquatics (10:00-11:00 am) - **\$20.00 First child, additional child \$10.00**

Tuesday& Thursday- Fantastic Fitness and Awesome Aquatics (10:00-11:00 am) - **\$30.00 First child, additional child \$5.00**

Feel free to contact Coach Katie Keyes or Coach Dan Hipply for any questions or concerns;

- Katie Keyes- Email Katie.Keyes@fccministries.com
- Dan Hipply- Email danh@fccministries.com
- **OR** like and message us on Facebook @ Family life Center- Kernersville

***Information also available at Firstchristianchurchministries.com*

WAIVER FOR PARTICIPANTS

Under 18 Must Be Signed by Parent or Legal Guardian

I the parent / legal guardian of the above child understand the risks associated with water activities including swimming lessons. I will release indemnify and hold harmless First Christian Ministries of Kernersville and its employees, instructors and agents for any accident or injury that could occur to my child as a result of participating. I will also stay in the building during the event time in the area I have designated. Regarding private swim lessons, you must notify your instructor 4 or more hours in advance. In the event of a no-show or unauthorized schedule change, you will be charged for the session. There will be no make-up for that session. If the instructor fails to show up for the scheduled session, the instructor will be required to make the session up.

Signature of Parent/Guardian : _____ Date: _____

Completed by FLC Staff Only

Date received registration ___/___/___

Payment Information

Date received payment ___/___/___

Amount received \$ _____

Cash _____ Check# _____

Staff Signature _____