



fitkidsAmerica

MAKING FITNESS FUN

PRESENTS AFTERSCHOOL PROGRAMS AT MONTEREY RIDGE ELEMENTARY!

FLAG FOOTBALL

Ready for some football! Learn football basics through drills, obstacle courses and strength training with an emphasis on team work. Increase agility, speed and self esteem. Intramural games will be played each class. No tackling, just fun! Super Bowl will be played on the last day of the session. All grades welcome. Group will be split by age and ability.

Wednesdays 1:45-2:45
September 9th – October 28th
8 weeks \$85*
Monterey Ridge Elementary Field

***Enjoy two sports
with a Sports Pass
for only \$150!**



CHEERLEADING

Show your spirit! Learn all the cheer basics during this fun class! Cheer dances, chants, kicks and jumps are just part of the things you'll learn on your way to becoming a top notch cheerleader! On the last day of the session, we'll CHEER at a real football game!

Wednesdays 1:45-2:45
September 9th – October 28th
8 weeks \$80
MPR (except last day, on the field)



LACROSSE

Coach Bruce Sietz brings his 25+ years of coaching and playing experience (Naval Academy Player, Coach of Rancho Bernardo Lacrosse) to the field! Taught in a safe environment (no checking or pinky ball used). Lacrosse basics will be taught using drills, conditioning, training and fun! All grades welcome. Group will be split by age and ability.

Fridays 3:25-4:25
September 11th- October 30th
8 weeks \$90*
Monterey Ridge Elementary Field

Register online at www.fitkidsamerica.org or mail to:

Fit Kids America

6431 Merlin Drive, Carlsbad, CA 92011

Questions: joan at 760-579-3989 | joan@fitkidsamerica.org

Please do not give form to teacher or school office.



Please wear comfortable clothes/shoes. Bring snack/labeled water/sunscreen.