



MAPLE PRIDE COMMUNITY RECREATION

"A partnership dedicated to improving lives one activity at a time."

MAPLE FITNESS CLUB

WINTER SESSION #1: January 13th – March 2nd (6 weeks)

WHO: Students K-5

COST: \$20 (covers both programs)

TIME: 3:45 to 4:45

Is your child not into traditional sports, but enjoys an active and healthy lifestyle? Well if so, then join us for Maple Fitness Club. It will be an exploration of health and wellness through nontraditional activities. In session #1, we will explore fitness through Yoga and a Cardio and Core class called Youth Fit. Certified instructors will take students through an age-appropriate curriculum, all the while in a fun and safe environment.

- **Yoga for Kids:** Through a certified Yoga instructor, students will learn techniques for self-health, relaxation, and inner fulfillment. Children derive enormous benefits from Yoga such as flexibility, strength, coordination, and body awareness.
- **Youth Fit:** A playful exercise program that includes playful movement, strength training, cardio and core training. All centered on an age appropriate training regimen, designed to enhance the lives of kids through various forms of exercise.

Yoga Schedule:

Mon: Lincoln 1/13, 1/27, 2/3, 2/10, 2/24, 3/2
Tues: Michener 1/14, 1/21, 1/28, 2/4, 2/11, 2/18
Weds: Alexander 1/15, 1/22, 1/29, 2/5, 2/12, 2/19
Thurs: Prairie 1/16, 1/23, 1/30, 2/6, 2/13, 2/20

Youth Fit Schedule:

Mon: Prairie 1/13, 1/27, 2/3, 2/10, 2/24, 3/2
Tues: Lincoln 1/14, 1/21, 1/28, 2/4, 2/11, 2/18
Weds: Michener 1/15, 1/22, 1/29, 2/5, 2/12, 2/19
Thurs: Alexander 1/16, 1/23, 1/30, 2/6, 2/13, 2/20

Please register online at www.adrianmaples.org

***Disclaimer:** A positive student experience, along with the overall success of these programs, will be very dependent upon student behavior as attention and focus are vital. Student behavioral expectations are the same during Maple Fitness Club as they are during the school day. If a student has to be removed by a staff member, an incident report will be filed with the building principal as well as the Recreation Director. In the event of a removal, a call from the Recreation Director will be placed to the parent/guardian to discuss the incident. In the event of a second removal, the student will be removed for the rest of the program, and a refund will be issued. By signing the form below, you agree to the behavioral procedure. Additionally, you release Adrian Public Schools, the City of Adrian, YMCA, and it's employees from any property damage or personal injury.*

Registration Form (to be completed and turned into main office)

Name _____
Grade _____
Elementary Buiding _____

- ☐ Yoga for Kids
☐ Youth Fit
☐ **Both** Yoga for Kids & Youth Fit

Shirts size (circle) YS YM YL S M L XL

Please list any allergies/restrictions we should know. _____

Parent/Guardian Signature _____ Date _____

Parent/Guardian Printed Name _____ Contact Phone #'s _____