CW Fitness' Kids Summer Fitness Program

Mission Statement:
The goal of **CW Fitness'** Kids Summer Fitness Program is to promote healthy living and fitness amongst young people of all capabilities, in a supportive and positive environment, encouraging personal growth and a love for fitness.

Participants will benefit from the knowledge, and passion, of the **CW Fitness'** staff in; team activities, personal fitness goals, and healthy living education.

With zero use of screens, cell phones, or IPad / tablets. ALL FITNESS

Team Activities:
Participants will learn the benefits of teamwork and sportsmanship, as they participate in team sports and challenges.

- Teamwork
- Filling a role/position
- Communication
- Strategy
- Peer Interaction

Personal Fitness Goals:
Participants will learn to challenge themselves, persevere, and achieve as they set personal fitness goals for each session. Alongside the **CW Fitness**, participants will feel the pride of self improvement.

- Motivation
- Perseverance
- Goal setting
- Self Reliance
- Self esteem building

Healthy Living Education:
The mind, body, and diet. Participants will learn how to manage their time, stress, and activity levels, while learning how to make healthy life choices.

- Healthy eating

- Goal setting
- Time management
- Focus
- Frustration Tolerance

Parental Agreement:

The goal of **CW Fitness'** Kids Summer Fitness Program is to help children achieve personal goals and a healthy lifestyle in a fun, supportive, and kind atmosphere. In accordance with this belief, there is a zero tolerance policy for bullying, fighting, or theft. Participation may be terminated at any time if a participant's behaviors or actions betray this goal.

It is important that both parents and participants be made aware of these expectations. Please read and sign the conduct agreements below.

Participant agreement:

I hereby agree, to the best of my abilities, to be a productive and positive member of the CW Fitness Kids Summer Program. I will push myself to achieve my goals, and assist others to achieve theirs. I understand that a positive attitude and kindness are a requirement of my participation.

_____ _____

Signature Date

I hereby understand the expectations of my child while at the CW Fitness Kids Summer Program. I understand that a violation of these terms may result in the forfeiture of my child's right to participate.

_____ _____

Signature Date

I hereby give permission for my child to be included in photo taking opportunities and hereby give permission for photos of my child to be used in future advertisement for CW Fitness Kids Summer Program

_____ _____

Signature Date