

**Don't Miss Out!**

**REGISTER NOW  
FOR BATTLE  
OF THE  
SCHOOLS!!!**

Visit [www.fitkidsamerica.org](http://www.fitkidsamerica.org)

**fitkidsAmerica<sup>®</sup>**  
MAKING FITNESS FUN

**PRESENTS- Session 4**

**AFTERSCHOOL PROGRAMS ON CAMPUS  
AT BONSCALL ELEMENTARY!**

Classes will be held on minimum days – 5 minutes after release  
Classes not held: 3/25-4/1

**VOLLEYBALL**

Intro to Volleyball! This class emphasizes the practicing of volleyball skills in order to improve each student's skills. Spiking, blocking, setting, and hitting are taught as well as basic offensive and defensive strategies. Students will participate in scrimmages according to class size.

**GRADES 1<sup>st</sup> - 5<sup>th</sup>**                      **Tuesdays 2:35-3:35**                      **March 8<sup>th</sup> - May 3<sup>rd</sup>**  
**8 classes \$89**                              **Bonsall Elementary Field**

**LACROSSE**

Lacrosse is Southern California's hottest sport! We teach in a safe environment using a soft, pinky ball to assure no injuries. Lacrosse basics will be taught using drills, conditioning, training and fun! New kids will learn the basics of ball handling, throwing and catching. Returning groups will be challenged with more difficult drills to enhance their game. Group will be split by age and ability. No equipment necessary. All grades welcome.

**GRADES K - 5<sup>th</sup>**                              **Tuesdays 2:35-3:35**                              **March 8<sup>th</sup> - May 3<sup>rd</sup>**  
**8 classes \$89**                              **Bonsall West Elementary Field**

**BASKETBALL**

Learn how to improve your shooting, passing, catching and rebounding skills! Players learn positioning, dribbling, ball handling and team concepts. Instruction include offensive tactics such as include shot selection and scoring while defensive tactics emphasize positioning and pressure from various areas of the court.

**GRADES K - 5<sup>th</sup>**                              **Wednesdays 2:35-3:35**                              **March 9<sup>th</sup> - May 4<sup>th</sup>**  
**8 classes \$89**                              **Bonsall Elementary Blacktop**

**BEARS CHEER**

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! Each week you'll add counts on to a cheer dance. At the end of the session they will cheer at a real game on the field! No uniform purchase necessary.

**GRADES K-5<sup>th</sup>**                              **Thursdays 1:35 - 2:35**                              **March 10<sup>th</sup> - May 5<sup>th</sup>**  
**8 classes \$89**                              **Bonsall Elementary Blacktop**

**BEARS FLAG FOOTBALL - \*Register for Battle of the Schools held on 5/14**

Ready for some football! Learn football basics through drills, obstacle courses and strength training with an emphasis on teamwork. 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. Drills designed to accommodate all skills levels.

**GRADES K-5<sup>th</sup>**                              **Thursdays 1:35 - 2:35**                              **March 10<sup>th</sup> - May 5<sup>th</sup>**  
**8 classes \$89**                              **Bonsall Elementary Field**

**SOCCER**

During this one-hour class, kids will learn the following skills: kicking, dribbling, goalkeeping, passing and ball control. There will be drills where the instructor teaches the individual skills and then scrimmages where the kids put those skills to use. Shin guards recommended and cleats optional.

**GRADES K-5<sup>th</sup>**                              **Fridays 2:35 - 3:35**                              **March 11<sup>th</sup> - May 6<sup>th</sup>**  
**7 classes \$79**                              **Bonsall Elementary Field**

**TENNIS**

Fit Kids America is pleased to offer a high quality tennis program! We incorporate the USTA newly developed Quickstart program. QuickStart Tennis is an exciting new play format for learning tennis, designed to bring kids into the game by utilizing specialized equipment, shorter court dimensions and modified scoring, all tailored to age and size. This program develops sportsmanship, social skills and motor skills with an opportunity for enjoyment and challenge of the game of tennis for your child. It's the fast, fun way to get kids into tennis-- and keep them playing. All equipment is provided by Do It Tennis visit them at [www.doitennis.com](http://www.doitennis.com).

**GRADES K-5<sup>th</sup>**                              **Fridays 2:35 - 3:35**                              **March 11<sup>th</sup> - May 6<sup>th</sup>**  
**7 classes \$92**                              **Bonsall Elementary Blacktop**

**HOW TO REGISTER!**

**ONLINE:** at [www.fitkidsamerica.org](http://www.fitkidsamerica.org)

**CALL:** 760-730-1115

**MAIL:** to 2725 Jefferson St. #11, Carlsbad, CA, 92008

**E-MAIL:** [info@fitkidsamerica.org](mailto:info@fitkidsamerica.org)



**ALL CLASSES HELD RAIN OR SHINE!**



## REGISTRATION AND WAIVER FORM

### RELEASE AND WAIVER OF LIABILITY

I release and hold harmless Fit Kids America, its officers, directors, employees, agents, landlords, lessees and franchises hereafter the "Released Parties" from any and all liability for injury to my child(ren) caused in any manner, including the negligence of the Released Parties, by my child(ren)'s participation in any Fit Kid America program.

I acknowledge that some Fit Kids America programs are designed, through dance routines, concentrate on the cardiovascular system, flexibility, balance, coordination, muscle toning and endurance. The routines allow for a warm-up and cool-down period, and children are advised to warm-up and pace themselves during the course of routines. I acknowledge I have been advised to consult with my physician with respect to any past or present injury, illness, cardiovascular problem, knee problem, or any other condition that may affect my child(ren)'s participation and ability to participate in and endure the exercise program.

I further release the Released Parties from any and all claims for loss or injury to personal property or for personal injury from any cause related to a Fit Kids America program, including but now limited to theft, fire, and simple negligence of the Released Parties.

I further acknowledge that Fit Kids America may take or have taken still photographs and videotapes of participation in a program. These photographs and videotapes may include images of participants to the activities, and specifically may include images of me or my child(ren). I hereby give my unconditional consent, with no further consideration or notice to me, to any advertising or promotional use of such material, which may contain photographs or images of me or my child(ren) in it.

I acknowledge that Fit Kids America is not responsible for escorting my child(ren) to class.

STUDENT'S NAME \_\_\_\_\_ AGE \_\_\_\_\_ SCHOOL/GRADE/TEACHER \_\_\_\_\_

ADDRESS / ZIP CODE \_\_\_\_\_

TELEPHONE NUMBER / CELL PHONE \_\_\_\_\_ E-MAIL ADDRESS \_\_\_\_\_

PARENT'S SIGNATURE \_\_\_\_\_

PERSONS AUTHORIZED TO PICK UP MY CHILD \_\_\_\_\_

PERTINENT MEDICAL CONDITION(S) \_\_\_\_\_

MY CHILD ATTENDS ON CAMPUS DAY CARE YES \_\_\_\_\_ NO \_\_\_\_\_

PAYMENT METHOD: CHECK \_\_\_\_\_ CREDIT CARD: MC VISA AMEX

CREDIT CARD NUMBER \_\_\_\_\_ CVV #: \_\_\_\_\_

CARD HOLDER'S NAME \_\_\_\_\_

EXPIRATION DATE \_\_\_\_\_

SPORT REGISTERING FOR \_\_\_\_\_

For Office Use:	
Registered	_____
Payment	_____
Posted	_____