



Lang Ranch Elementary School After School Sports & Fitness Program

Kids In Motion Sports & Fitness Class

When: Fridays
Time: 2:45pm-3:45pm
Dates: January 20 & 27
 February 3, 10 & 24
 March 2 & 9
No Class: February 17
Cost: \$87.50 (7 classes)
Grades: K-2nd
Location: The field
 (If it's raining- meet in the hallway by Room 16)

Kids In Motion classes are focused on the development of physical qualities such as strength, balance, flexibility and total body coordination through sports and coordination games.

Class Schedule

2:45-3:10

Small Group Activities: Stilts, Launching Boards, Balance Boards, Fling Toss, Hurdles, Jelly Balls, Handstands, Frisbees, Cartwheels, Boom Ball, Sticky Paddles and more!

3:10-3:35

Group Sport: Soccer, Baseball, Football, Hockey, Volleyball, Lacrosse, and more!

3:35-3:45

Group Closing Games such as: Clean Up Your Backyard, What Time Is It Mr. Fox?, Hopping Sack Races, 3-Legged Races, Egg Races and more!

To Sign Up: Please fill out this registration form and mail it with a check or money order made payable to Kids In Motion for \$87.50 to P.O. Box 82 Moorpark, CA 93020

If you have any questions, please call (818) 519-8549 or email info@KidsInMotionInc.net

I give permission for my child to attend the Kids In Motion Sports & Fitness Program. It is my responsibility to ensure that my child arrives at and is promptly picked up from class. By participating in, or authorizing participation in Kids In Motion in any way whatsoever, I hereby release and hold harmless Kids In Motion, all instructors and CVUSD from any and all liability. Kids In Motion is not affiliated with CVUSD. There is a \$25 fee for returned checks. All personal absences are forfeited.

Student Name: _____ Grade: _____ Teacher: _____

Parent's Name: _____ Parent's Signature: _____

Address: _____

Home Phone: _____ Emergency Phone: _____

Email: _____ Note to Instructors: _____