



KIDFIT CHALLENGE REGISTRATION FORM

KidFit Challenge is a police youth outreach program that provides unique strength and conditioning batteries to assist kids to grow up healthy and strong. These workouts are enjoyable and will avoid common problems associated with childhood inactivity and obesity.

Our program delivers a fitness that is natural by design. We will not specialize in any one component of fitness. A healthy lifestyle requires that our kids push, pull, run, throw, climb, lift and jump effectively and safely, regardless of whether or not they play sports. Sports are a specialized interest. Our goal is to support the specialist, but reward the generalist.

The program is designed for all fitness levels which makes it applicable for any committed individual regardless of experience. These workouts are used both for kids and adults with a modification to load and intensity. In addition to physical fitness, this program will instill some important principles such as teamwork and respect. The Washington Township Police Department is committed to supporting our youth through a healthy lifestyle.

Date: June 1 – July 22 Tuesdays & Thursdays only Class 937A

Time: Tuesdays and Thursdays 6 -7pm ages 7-13 / 7pm -8pm (high school students)

Location: Community Activity Center and/or WTHS Complex

Cost: \$45 (t-shirt & water bottle, insurance, parks and recreation fee)

NOTE: These classes will be limited to 25 participants each class. The age range for boys and girls will be from 7-13 years old. A medical wavier must be completed by participant's physician. Any questions regarding KidFit Challenge, please contact Sgt. Bill Lee, Ofc. Joe Russo, or Ofc. Dan Spataro at phone# 589-8594 or email at wlee@pd.twp.washington.nj.us

WASHINGTON TWP. POLICE KID FIT CHALLENGE



Please complete the following WTPR registration form and mail to:

**Washington Township Parks & Recreation Department
PO Box 1106
Turnersville, 08012**

Fee: Kid Fit Challenge Fee **\$45.00**

Payable to: Make all Checks payable to: **WTPR**

Name: _____

Address: _____

School: _____

Date of Birth: _____

Home Phone Number: _____

Parent / Guardian Name: _____

Emergency Contact Number: _____

Shirt size: _____ (youth size)

_____ (adult size)

Program Name: Kid Fit Challenge

Program Dates: June 1 – July 29 Tuesday and Thursdays only