



Presents

# KidFit

KidFit is a summer fitness clinic which educates and nurtures how to develop an active lifestyle. KidFit encourages a positive attitude toward physical fitness by creating an atmosphere for children that stresses the importance of balanced physical activities in a safe and fun environment

At KidFit each child will participate in fitness activities under the guidance and supervision of the NEAC Staff. Children will gain knowledge of activities to stay physically active as well as track their progress.

Clinic sessions will encompass a variety of activities:

- Fitness stations i.e.; Sit Ups, Push Ups, Jump Rope, Jumping Jacks, Running
- Sports i.e.; Basketball, Soccer, Volleyball, Handball
- Games i.e.; Tag, Musical Chairs, Four Square, Hopscotch, Relay Races



Dates: July 6th - August 28th.  
 Hours: 9am - 12:00pm (Rain or Shine)  
 Location: Gymnasium at NEAC  
 Boys and Girls: Ages, 5 - 10 years old



Session options:

	<u>Member</u>	<u>Non Member</u>
8 Week Package	\$320	\$400
4 Week Package	\$160	\$200
Weekly	\$45	\$60
Daily	\$10*	\$15*

\* Drop in's are welcome



Child's Name: \_\_\_\_\_ Age: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_ Member Yes No

Address: \_\_\_\_\_

Contact Information: Home \_\_\_\_\_ Cell \_\_\_\_\_ Email \_\_\_\_\_

Session Type: \_\_\_\_\_ Dates: \_\_\_\_\_ Cost: \$ \_\_\_\_\_

Parents do not need to be present in the club during the clinic.

The pool, exercise equipments, and free weights will not be used during activities.

A \$5 late fee per 5 minutes will be assessed if there is a late pick up.

Non members who sign their child(ren) up for a Clinic will receive a 7 day free pass to trial NEAC  
 6 Progress Drive, Cromwell CT 06416 860.632.1226 [www.newenglandathleticclub.com](http://www.newenglandathleticclub.com)

