

# Trinity Lutheran School Presents:

## Keiki FIT -3rd QUARTER SESSION!

Dates:

1/17

1/24

2/7

2/14

2/21

2/28



Aloha Trinity 'Ohana,

We will be offering a healthy heart fitness class for grades K-4th.

The class will run every Tuesday **between January 17th and February 28th** from 2:30pm-3:30pm. Students will work on core exercise as well as fundamental skills they need to maintain a healthy heart. Students are to bring appropriate fitness clothes to change into and sneakers to participate. The cost to attend the class for the quarter will be **\$50**. Please provide a small healthy snack and water bottle for your child. If you have any questions, please feel free to contact us at [bharlan@tls-hawaii.org](mailto:bharlan@tls-hawaii.org) or [khutchings@tls-hawaii.org](mailto:khutchings@tls-hawaii.org).

Hurry, space is limited! **Forms are due by 12/12.**

Participants name: \_\_\_\_\_ Grade: \_\_\_\_\_

If your child has a food allergy please list their allergies: \_\_\_\_\_

Contact phone number for parent picking up: \_\_\_\_\_

Authorization for additional parent pick up: \_\_\_\_\_

**OR please circle**

My child will attend after school care after Keiki FIT

Cash or check made payable to Trinity Lutheran School