

Parent and Tot Athletics



You and your tot are invited to join in as you get fit, your baby has a rockin' good time and there is a bit of good ole fashioned bonding going on at the same time! And oh yeah – we are all about the fun too! This parent and tot class is conducted by Evelyn's mom, Gayle Ebert. She will lead you in a great time including stroller workout, a bit of weight lifting, some core action and even a bit of yoga! Activity time for both of you! A great time to network with other parents!

Hope you are ready for a
movin' and groovin'
good time!!! 😊

WHO: recommended for children at least 3 months old to 4 years of age – parents/caregivers will work with their child for fitness and fun under the guidance of our instructor!

WHEN: Saturday Morning // 9:30-11am // March 12, 19, 2011

WHERE: Webster Elementary School Gym
(use gym entrance doors by the school parking lot on 12th street)

WHAT TO BRING: yoga mat, stroller, hand weights

FEEES: \$15/city resident \$22.50/non-city residents

Special Needs: The department will make every effort to comply with the regulations associated with the Americans with Disabilities Act (ADA). In the space provided below, please list any special needs that you may have that would benefit your participation in this program. The department will attempt to accommodate these needs and will contact you to discuss your participation.

PTA Spring 2011

Name _____ Phone _____

Address _____

List any special needs _____

I hereby release the sponsoring groups from any and all claims arising from my participation in this program and verify that I am medically fit to participate.

Signature _____

Date _____

Fee: \$15/city residents \$22.50/non-city residents
 drop in \$10/class



