

Stretch – N – Grow
The Fabulously Fun Fitness Program

Fall Session 2010

Dear Parents,

We are now accepting registration for the Fall Stretch-N-Grow session. New students are welcome! This fun and lively after school program is available to both boys and girls, and teaches basic fitness and nutrition through stories, games and exercise. A percentage of the money made by the program will be donated to Hope PDO & Preschool.

Stretch-N-Grow classes will be held both Monday and Tuesday. After the school day ending at 1:30, the HOPE staff will escort the Stretch-N-Grow **Preschool** children to 'Friendship Hall' for their class. The **Pre-K** children will be escorted to the 'Toy Room' and be supervised by a volunteer parent until 2:10, when their class begins. Please be on time to pick-up your child as there is NO supervision for either age group after Stretch-N-Grow.

We are in need of a parent to supervise children waiting for the second "SnG" class on Mondays and a parent for Tuesdays. The parent who fills this position will have his/her child's "SnG" class **FREE** for the semester, regardless of which class the child is enrolled. This commitment includes watching the children who are waiting for the 2:10 class to begin (1:30-2:10), and then just being on site until the class ends at 2:40 (Great time to read a book or make phone calls!). This position will be filled on a "first come, first served" basis. Please indicate on your registration form if you are interested. Your check will be returned to you if the position becomes yours. If we do not have a volunteer for the semester, every child who attends "SnG" will need their parent to volunteer at least one day. This provides for the safety of all children in an emergency.

REGISTRATION: The attached registration form may be returned to the PTO mailbox in the school office. Please note that registrations are taken on a "first come, first served" basis, and payment in full of **\$77.00** is mandatory to secure your spot. This total is based on **11** classes for the semester with classes ending **December 14, 2010**.

The first day of Stretch-n-Grow for Fall semester will be Monday, Sept.20 and Tuesday, Sept.21. No classes will be held during Thanksgiving Week, October break or Winter break.

SCHEDULE: One class per week. There are no "make-ups" if your child is absent and misses a class. Please note that classes will be offered as listed below, but should a class not fill, families will be notified and asked to move to a different day/time.

Monday: Preschool (2 ½-3 years old) 1:35-2:05	Tuesday: Preschool 1:35-2:05
Pre-K (4-5 years old) 2:10-2:40	Pre-K 2:10-2:40

COST: The cost is **\$77** due at registration. This is for **11** half-hour sessions at \$7 per class. Please make checks payable to **Jill Huettner**.

ATTIRE: Please dress children in comfortable clothes and sneakers on Stretch-N-Grow days. Children will NOT be changing before class.

MAKE-UP CLASSES: Should a class have to be cancelled by the instructor or by school closures, an arrangement will be made and parents will be notified.

Please call Jill Huettner 303-725-4869, or the school office 303-741-1073 if you have further questions regarding these classes.

MAKE CHECKS PAYABLE TO: Jill Huettner

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Registration Form

Child(ren)'s Name(s):

1. _____ 2. _____

Date of Birth _____ Date of Birth _____

Teacher _____ Teacher _____

Parent's Name:

_____ Email: _____

Home Phone _____ Cell Phone _____

Emergency Contact during Stretch-N-Grow class (or circle one listed above)

Name _____ Phone _____

Class day (circle one):

Class time (circle one):

Monday Tuesday

Preschool
1:35-2:05

Pre-K
2:10-2:40

Please include a check for \$77 made payable to Jill Huettner.

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Please indicate your 1<sup>st</sup> and 2<sup>nd</sup> choice to volunteer on the day your child attends (1:30-2:40pm)

**MONDAY:**

Sept.20 \_\_, Sept. 27, \_\_ Oct. 4 \_\_, Oct.11 \_\_, Oct.18 \_\_, Nov.1 \_\_,

Nov.8 \_\_, Nov.15 \_\_, Nov.29 \_\_, Dec.6 \_\_, Dec.13 \_\_

**TUESDAY:**

Sept.21 \_\_, Sept.28 \_\_, Oct.5 \_\_, Oct.12 \_\_, Oct.19 \_\_, Nov.2 \_\_,

Nov.9 \_\_, Nov.16 \_\_, Nov.30 \_\_, Dec.7 \_\_, Dec.14 \_\_

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We would love to have one parent, per day volunteer to supervise the kids for the entire semester...if you choose to sign-up for this position, your child's SnGrow class would be **FREE**.

Yes, I am interested in being the Parent Supervisor for the semester on:

Monday or Tuesday *circle one*