



## Operation Kid Fit<sup>Starts:</sup>

Rolling Enrollment

Where: The NEW Wyalusing Elementary School

Meeting Place: 6<sup>th</sup> Grade Activities Area, located downstairs with classes in the cafeteria starting at 3:45

When: Immediately after school, Monday through Thursday

Cost: \$10/day (paid on a weekly basis). If miss class, make up when available

Enrollment options are: 2 ,3, or 4 day week classes

What you will need for the first day of class:

1. Letter to teacher relating your child will be participating in the Operation Kid Fit After School Program. In your letter specify the days of the week your child will be attending and staying afterschool.
2. Comfortable gym clothes (color black). The students will have an opportunity to change into their workout clothes after enrollment is taken for class. Optional uniforms are available for purchase.
3. Enrollment <http://theedgefitness.com/images/pdf/OperationKidFitTuition2011.pdf> and Waiver Forms <http://theedgefitness.com/images/pdf/WaiverPage.pdf> Should be filled out and emailed to [theedgefitness@hotmail.com](mailto:theedgefitness@hotmail.com) or the student can provide the documents to a EDGE staff member at the Wyalusing Elementary School. Enrollment is open throughout the school year.

What to expect during the school year

1. Daily exciting and rewarding Martial arts classes.
2. Fun fitness oriented games.
3. Each day Mat Chat on topics such as: Goal Setting, Self Confidence, Leadership Skills, Self Discipline, Stranger Danger, Fire Safety, Importance of Academics, and Health and Nutrition.

Class ends at 5pm

Pick up no later than 5:10

If there is an emergency and you are running late, we have our cell phones for you to reach us:

Jennifer Wilcox (Miss Jenn) 570-637-0657

Scott Wilcox (Sensei Scott) 570-466-7801