

Summer Time Exercise

Fun
Fitness

With

SSS

By  OC Private Training





SIGN-UP FOR SUMMER PHYSICAL FITNESS PACKAGE

Dates: Every Thursday 7/1- 8/27/2010
Register before June 30th, Limited Class sizes of 12.
Times: Ages 2 ½- 4 3:30 pm
 Ages 4- 7 4:15 pm

Dear Parents,

Summer is here! In efforts to create a great summer of fun and exercise, Dr. Perrah is now offering a new structured physical fitness program made to be fun and age-appropriate. Each summer student will participate during school hours. Your child will learn/ develop:

- Coordination
- Locomotor Skills
- Sports Skills
- Balance
- Cooperation
- Nutrition

Dr. Perrah has teamed up with Rob Nix, of OC Private Training, to begin the ***Fun with Fitness Program***. Every student is automatically enrolled in the daytime class. In addition to this new program, we will begin an extra after-school program! **Every Thursday** of summer (July 1st- August 27th), we are offering an opportunity for an extra 45 minute athletic challenge. We encourage you to pre-register for either the 2 ½- 4 years old or 4-7 years old group. **Only the After-School Fun with Fitness Program has an additional fee.**

Rob Nix is a Children's Physical Fitness Specialist and private trainer. The Fun with Fitness program creates fun peer-encouraging workouts that will expose your children to a progressed fitness training program adjusted to challenge children but enable the success that will create life-long activity habits. This 9-week program will take a *whole* body approach to develop strength, endurance, stamina, flexibility and body composition which most children are lacking across America.

This program is for any child looking to enhance their athletic and physical talents, stay active over summer or even simply, just to get ahead for the upcoming Presidential Fitness Testing in the years to come. For any questions or concerns, feel free to contact Rob Nix directly at RobNix@FunWithFitnessTraining.com or 714) 264-1208.

TO REGISTER:

Go To www.FunWithFitnessTraining.com or pick up form from Dr. Perrah (on page 6).

TURN IN:

Fill out registration online or drop off application in the office.

PAYMENT:

Online or drop off in the office. 2 Payment Options (In Full= \$90 or Split-Payment Plan= \$50x2).





What We Do

The After-School Fun with Fitness Program offers children a great way to stay fit and get a head start with life-long exercise and nutrition habits. The children will experience an hour of active movement and age-appropriate exercises. In the Fun with Fitness Program, your child will improve their endurance, muscle strength and coordination, flexibility, agility and sports skills.

In each Fun with Fitness session, we focus on offering a safe, full-inclusion learning environment for the children to burn calories along with an opportunity to develop locomotor and body sensory skills at their personal pace. Your child will exercise actively in social teams cooperating and collaborating with peers of similar skill levels, while also acting as a peer model for progressions of difficulty. Each child's own internal motivation is sparked to help learn the functional skills embedded in sports and apply them to school and life.

Our nine week program will encourage healthy fitness and eating on a daily basis. The program is designed to introduce each child into daily fitness and make it FUN! The Fun with Fitness session will consist of a full body warm-up, functional exercises and calisthenics, fitness games and a cool-down. Every child will receive individual attention and learn activities and exercises that are simple enough to do at home without any equipment! It is our mission to ensure that every child develops sportsmanship and has Fun with Fitness playing with friends and classmates.

What are the Benefits of Exercising?

When the body begins an exercise program, it responds quickly by adapting in a variety of ways. Physiological benefits that show in the mirror are body fat loss and muscle building. What you do not see are the heart and lungs strengthening as stamina rises, making all activities less tiring. Socially, children who exercise will be exposed to peer interaction and teamwork. This raises confidence and self-esteem levels which are essential throughout all aspects of life.

Exercise establishes a physical foundation for life, and it provides opportunities to learn sports and game skills. Athleticism transfers from sport to sport well because movement forms body awareness and improves coordination of the hands and feet. This becomes a must to gain that lightning quick speed and agility all athletes aspire for. No body is complete without the mind. Psychological effects are also profound in those who stay fit. The mind flourishes with a rise in concentration and intense focal abilities. Internal motivations are discovered but in fact fit people live longer, healthier high-quality lives.

How Much Exercise Is Enough?

The percentage of children who are overweight has more than doubled over the past 30 years. Although many factors are contributing to this epidemic, a major one is that kids are simply becoming more sedentary. In other words, they're sitting around a lot more than they used to.

According to the American Academy of Pediatrics (AAP), the average child is watching about 3 hours of television a day. And the average kid spends 5 1/2 hours on all media combined, according to the Kaiser Family Foundation. So, how much exercise is enough? According to the USDA and the HHS, all children 2 years and older should get 60 minutes of moderate to vigorous exercise on most, preferably all, days of the week.

Who We Are

Rob Nix has trained children to excel in fitness and various sports over the past ten years. Some of his clients include international corporations, the children of Hall-of-Fame Lakers and Angels legends along with famous business families in the area. His unique experiences have crafted a way to ensure that your child's internal drive with exercise does not diminish with age. Creating Fun with Fitness has proven to benefit the healthy fitness habits which lead to higher test scores, longer lives, increased social and athletic participation and much more!

Education

Bachelor of Science in Kinesiology – Cal State Fullerton University

CPT Certifications

National Academy of Sports Medicine
National Exercise and Sports Trainers Association
National Council for Certified Personal Trainers



Specialized Training

Children's Skills Training
Corrective Flexibility Exercises (Restoring your body to an anatomical neutral)
Integrated Flexibility Training (Hands-on assisted stretching)
Pre/Post-Natal Training
Metabolic Testing
Breathing Technique & Stress Reduction Training
NAUI Certified Master SCUBA Diver
NAUI Advanced Diver Rescuer
CPR and First-Aid Certified (12 years continuous)

Experience

10 years Private Training
3 years Physical Therapy
2 years Sports Rehabilitation
3 years Basketball Team Trainer high school level club
4 years Rock Climbing instructor

Please read all information carefully and keep for future reference.

Registration

Class sizes are limited, so register early to guarantee a space for your child and avoid disappointment. Enrollment is on a first-come-first-served basis. The *Fun with Fitness* series **begins JULY 1st and ends AUGUST 27th, 2010**. We will meet every Thursday.

Registration Deadline

The complete registration form must be turned in to the office or emailed direct by the first after-school fun with fitness session on July 1st. **To clarify: All MCH students are enrolled in your school's daytime exercise program. This application is only for the extra After-School Fun with Fitness program.**

Scheduling:

We offer two options of payment for the Fun with Fitness Program. In the 9 week program, your child will be involved in an extra After-School Fun with Fitness Program every Thursday. Each workout last approximately 45 minutes.

SUMMER SESSION

Fees: 2 payments of: \$50 (split monthly)

1 payment In-Full: \$90

***note: payment #1 due ASAP, payment #2 due July 29**

Refunds

If you withdraw your child from the program, you will receive a pro-rated refund minus a \$15 cancellation fee.

Student Contact

Refer to the school's guidelines for behavioral expectations and policies. Consequences for unacceptable conduct may include removal from the *Fun with Fitness* program.

What to Wear

Your child should be sent in loose athletic clothing (consider sending spare set) along with tennis shoes that fit snugly and will not fall off when moving actively.

APPLICATION

Child's Name _____

Gender: Boy ___ Girl ___ Birthday ____/____/____

Early Childhood (4+ - 7 years old)

Early Childhood (2 1/2- 4 years old)

Mother's Name (Dr. Mrs. Ms.) _____

Cell Phone (____) _____ - _____ Email (optional) _____

Home Phone (____) _____ - _____ Work Phone (____) _____ - _____

Father's Name (Dr. Mr.) _____

Cell Phone (____) _____ - _____ Email (optional) _____

Home Phone (____) _____ - _____ Work Phone (____) _____ - _____

Emergency and Health Information (Please write legibly):

If Parent(s) or Guardian cannot be reached in an emergency, please call:

Name: _____ Phone:(____) _____ - _____

Name: _____ Phone:(____) _____ - _____

Does your child require any special assistance or have any needs that require special attention? If so, please list:

Is your child allergic to anything (medications, food, insect bites, pollen, etc.)? Yes ___ No ___

If "yes," please provide the necessary information we should have.

The school must be fully informed as to the physical and mental health of the child. Failure to disclose such essential information at the time of enrollment can result in the withdrawal of your child. Fun with Fitness by OC Private Training & Montessori pledges to respect the confidentiality of such information and to use it only for professional purposes.

_____/____/____
Signature of Parent/Guardian Date

CHECKS PAYABLE TO: (OC Private Training) and drop off, with application, at office.

CREDIT CARDS: Accepted online on our website www.FunWithFitnessTraining.com

NOTE: \$15 cancellation fee incurred with late cancellation is non-refundable.
Please refer to Registration policy.