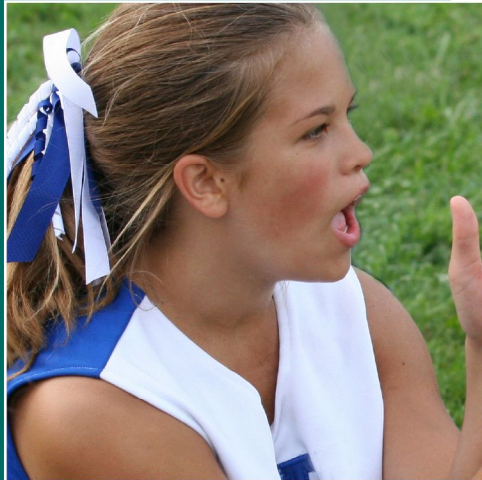




fitkids**America**  
MAKING FITNESS FUN

**PRESENTS**  
**AFTERSCHOOL PROGRAMS AT**  
**TIERRA BONITA ELEMENTARY!**



**FLAG FOOTBALL**

Ready for some football! Learn football basics through drills, obstacle courses and strength training with an emphasis on team work. Increase agility, speed and self esteem. Intramural games will be played each class. No tackling, just fun! Super Bowl will be played on the last day of the session. All grades welcome. Group will be split by age and ability.

**Tuesdays, September 8<sup>th</sup> – October 27<sup>th</sup>**

**12:30-1:30**

**8 weeks \$85**

**Tierra Bonita Elementary Field**

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**HIP HOP**

Get ready to learn the latest dance moves at this fun dance class! All your favorite music. This is a high energy class where students receive step by step instruction on Hip Hop dancing. Each dance routine is broken down into easy to learn individual movements. All levels welcome.

**Tuesdays, September 8<sup>th</sup> – October 27<sup>th</sup>**

**12:30-1:30**

**8 weeks \$80**

**Tierra Bonita Multipurpose Room**



Register online at [www.fitkidsamerica.org](http://www.fitkidsamerica.org) or mail to:

**Fit Kids America**

6431 Merlin Drive, Carlsbad, CA 92011

Questions: joan at 760-579-3989 | [joan@fitkidsamerica.org](mailto:joan@fitkidsamerica.org)

Please do not give form to teacher or school office.

**Please wear comfortable clothes/shoes. Bring snack/labeled water/sunscreen.**