

# Blythe Park “Kids Boot Camp” Winter Fitness Club

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Blythe Park School is offering a Morning Fitness Club during the winter months. Students in grades 2-5 are encouraged to participate in the Blythe Park Boot Camp on Friday mornings, from 7:40-8:05 AM. Jerry Owen, physical therapist, Certified Strength and Conditioning Specialist, and Blythe Park parent, will be leading the class. Ms. Gorman and other Blythe Park staff will also help assist and facilitate the session.

The focus of the *Blythe Park Boot Camp* will be exercise biomechanics. Mr. Owen will work with the students on developing and honing their agility, balance, coordination, cardiovascular endurance, flexibility, speed, and overall strength. There exists a wide variance among elementary students with regard to fitness and overall physical ability, as all children develop in different ways and at varying rates/times. The main mission of this class is to work with students at their developmental level, help them hone their physical abilities and gain a sincere love and appreciation for healthy and active living. We hope your children will opt to join us on Friday mornings for Boot Camp. They're sure to love it!

**WINTER SESSION DATES: 1/29, 2/5, 2/12/, 2/19, 2/26, 3/4, 3/11, and 3/18**

\*Note: Students who participate in Boot Camp should come appropriately dressed for the activity (e.g. gym shoes, running shorts/pants, etc.)

*Please join us for a healthy way to have fun!*

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## Blythe Park Boot Camp Participation Permission Form

Yes, my child \_\_\_\_\_ has permission to participate in Blythe Park Boot Camp. I understand that he/she needs to be at Blythe Park School by 7:40 AM every Friday morning during the months of February and March.

My child is in:

- 2<sup>nd</sup> grade
- 3<sup>rd</sup> grade
- 4<sup>th</sup> grade
- 5<sup>th</sup> grade



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PARENT/GUARDIAN SIGNATURE

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DATE

