



SuperStar Kids

OVERVIEW:

Kids fitness program to help develop and improve cardiovascular endurance, agility, muscular strength, speed, balance and core strength. The course will include relay races, obstacle courses, fitness games, circuit workouts and more fun activities. The goal is to have FUN, get kids excited/interested about fitness, promote a healthy lifestyle, develop a positive growth mindset and increase self-esteem.

DETAILS:

Dates: April 13 to May 18
Times: 8:15 a.m. -9:15 a.m.
Grades: K through 2nd
Costs: \$70 for six classes

CONTACT:

Please send any questions to Angie Mackey,
angiemackey01@gmail.com, 410-570-7156

Please complete the registration form below and return it to school by April 11
Space is limited. Make checks payable to Davidsonville Elementary PTO.



I am a certified personal trainer with American Council on Exercise (ACE) & CPR-AED certified. I also am a DES parent!

SUPERSTAR KIDS FITNESS PROGRAM

BEFORE SCHOOL PROGRAM 8:15 A.M.-9:15 A.M.

GRADES K-2ND

COSTS \$70 FOR 6 CLASSES

MAKE CHECKS PAYABLE TO DES PTO

- Name
- Phone
- Grade
- Email
- Teacher
- Emergency Contact Info
- Comments