

Cross Fit Training Program

Grades 3-8

Cross Fit Brutality is back!! This program is designed to include gymnastics, calisthenics and weight lifting elements along with other physical skills. During these peak developmental stages for children and teens, this program will keep your child engaged and teach them proper movements for a strong athletic foundation. You do not need to be a world class athlete to benefit from this program. Each child will be encouraged at their own individual level by the Cross Fit instructors. Please fill out form below and send into school attn: Mary Sivo.

Dates: March 30, 31. April 6,7,27, 28. May 4, 5, 11, 12, 18, 19

Where: Venerini Academy Gymnasium

When: Thursday and Friday

Time: 3:00-4:00 P.M.

Cost: \$115.00

Deadline for sign March 27, 2017

Name_____ grade_____

Email_____

Please bring sneakers, shorts, t-shirt and sweatshirt. They may be using outdoor lot as well for the program. Questions please contact Mary Sivo at csivo@verizon.net