



## Fitwize 4 Kids After School Program

### Program Description

The Fitwize 4 Kids After School Program will be available beginning in the 2008-2009 school year. It will operate Monday-Friday from the end of the school day until 6:00 pm (6:30 for Middle School). Every day, children enrolled in the program will get a free snack, receive help with homework, get exercise, and participate in fun activities!

#### 1) Academic Support Program:



We provide a quiet space to do homework with other children. Staff members will be available to work with your child if he/she needs help. Children are required to show our staff their completed work. **IMPORTANT:** Some students don't finish all of their homework and will still have some to do at home!

#### 2) Fitness Program:



Children will participate in the Fitwize 4 Kids circuit training program. This includes some or all of the following: warm-up, strength training, core/functional training, cardio training, an obstacle course, and cool down.

#### 3) Nutrition Program:



A healthy lifestyle includes a balance of good nutrition and fitness. The Fitwize 4 Kids world-class nutrition education will teach kids the life-long benefits of eating right and living a healthy lifestyle. Learning about nutrition will be simple and fun! Using hands-on activities kids will explore the importance of good nutrition and healthy eating habits. Each week we will focus on a different nutrition topic.

#### 4) Organized Indoor/Outdoor Activities:



This may include non-competitive team sports, games, arts & crafts, and other projects that encourage children to use teamwork skills, be creative, and challenge themselves.

#### 5) Free Time:



Children will be able to choose from a variety of activities including board/card games, arts & crafts, books, group games, and other activities.

#### 6) Fitness Classes:



Classes will be organized on an ongoing basis and all children will be able to attend the class sessions. Examples of classes include Cardio-kickboxing, Hip Hop, Yoga, and others.

#### 7) Field Trips:



In order to provide variety, most Fridays Fitwize 4 Kids will take the children on field trips to offsite locations such as outdoor parks, swimming pools, or recreation centers.

Benefits of the  After School Program

- **NO** registration fee
- The first and only fitness center **JUST** for kids
- Homework is a **PRIORITY** at Fitwize 4 Kids
- **Field Trip Fridays** provide a variety of activities and experiences
- Low-intensity, highly-achievable exercise experience
- Fitness classes organized and taught by certified instructors
- World-class **Nutrition Education** will teach kids the life-long benefits of eating right and living a healthy lifestyle
- Increased physical activity
- Improved body composition
  
- **Increased self esteem**
- **Increased self-confidence**
- **Enhanced academic performance**