

Character Athletics, LLC
1456 S. Jones Rd
Pewamo, MI 48873

Portland Parks and Recreation
259 Kent Street
Portland, MI 48875
517.647.3207

Fitness Foundations Camp

Start your child on the path to life-long fitness with this fun, group exercise program for kids. This program develops the foundational movement skills and abilities that promote life-long physical health and wellness. This program also lays the foundation for future success in athletics. Fitness is meant to be fun. Get your kids active this summer!

Who: Boys and Girls grades 2nd-5th (Fall '11).
Dates: Every Tuesday, June 21 – August 23 (10) Sessions.
Time: 5:30pm – 6:30pm *Weather cancellation line 517-647-3207
Where: Bogue Flats
Cost: \$35/child – BEFORE June 13
\$40/child – AFTER June 13

(Each participant will receive a T-SHIRT)

--Checks payable to Portland Parks and Recreation --



Have Fun! Get Active! Be Healthy

Name: _____ Grade (Fall '11) _____ T-Shirt Size: _____

Parents Name(s): _____ Phone Number(s): _____

Address: _____ City & Zip: _____

I live in the City (circle one): Yes / No If no, I live in the Township of: _____

Email: _____

I hereby for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I may have against the City of Portland, their respective agents, Character Athletics LLC, any coaches and or any facility used for this recreation program, for any and all injuries which may be suffered by my dependents in connection with my participation in said program. I further understand that the City does not provide such insurance coverage for me.

Parent/Guardian Signature: _____ Date: _____

Amount Enclosed (check one): \$35 June 13 or before \$40 June 14 or after

"Coach Lee Schneider is a Certified Strength and Conditioning Specialist, High School Strength and Conditioning Specialist, and level 2 Youth Fitness Specialist. He has 9 years of experience designing and administering athletic development programs for various sports at the high school level."

The mission of Character Athletics, LLC is to develop better young people through physical fitness and athletics. Improvement in athletics and physical health go hand-in-hand with character, integrity, attitude and effort.