

SIGN-UP DEADLINE-----Monday, January 31st

THE CATCH KIDS CLUB

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an after-school, community recreation program designed to promote behaviors that assist in developing and maintaining health in school-age children. The primary goal is to promote healthy physical activity behaviors. The CATCH Kids Club includes short lessons on healthy eating and a physical activity to lower their risk for cardiovascular disease.

The benefits of physical activity are numerous. Physically active children are leaner, more physically fit, have lower blood pressure, have increased beneficial HDL-Cholesterol, improve their psychological well-being and lower their risk for cardiovascular disease.



Thursdays
February 3, 10, 17, 24
March 3, 10

This program is administered by Quinter Recreation. Since this agency cannot assume any liability for injury to players participating in the program, it is necessary that this form be signed by a parent or legal guardian.

I, _____, as parent or legal guardian of

_____ (the person participating) give my permission for said persons to participate in the recreation program and consent to all terms and conditions.

Signature _____ Date _____

Email Address _____ Phone# _____ Work# _____

Address _____ Child's Name _____ Grade _____

How will child be getting home @ 5:00 pm?? Walk to _____ Picked up by _____

3:45-5:00 pm Grades K-6 @ Quinter Grade School Gym

FEE: \$20.00 includes a Healthy Snack!

No Phone Registrations accepted!

Please return form to City Hall ASAP!!!

Questions?? Please call Quinter Recreation, Daryl Havlas 754-3530

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