

Mobile Gymnastics with Mr. Nick



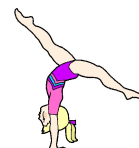
Dear Parent,

The mobile gymnastics program is a well-rounded non-competitive entry to level 4 skills development program that incorporates general floor exercise routines and beyond. Loads of fun, curriculum activities build confidence and self-esteem through music, movement challenges, and motivation. Nurturing physical and mental capabilities, a child is better able to perform academically as well as artistically, while studies show that physically active children tend to be physically active adults. In that regard, our program contributes toward laying the foundation for a healthy and productive lifestyle.

The mobile gym, brought directly to you, provides all aspects of training and conditioning found at traditional gymnasiums, at below traditional costs. Children improve strength, balance, rhythm, flexibility, and overall motor coordination using specially designed, multi-dimensional equipment. Our routines promote social development, cooperative interaction, and positive achievement within a success oriented framework that reinforces problem solving skills and augments attention spans. Lastly, the non-competitive nature of our program allows students to attempt skills when they are ready.

45 minutes in duration, motivational sessions are conducted weekly, with coach Nick bringing an array of equipment to include tumbling mats, balance beams, parallel bars, spring-boards, swing bars, rock walls, trampolines, dumbbells, medicine balls, and much, much more. Classes include: warm-up, strength and flexibility training, tumbling, obstacle course skills development, ball play, and lots of coordinated games and activities for enjoyment.

How to register for the mobile gym: Complete this form in its entirety to authorize your child's participation in our program and return it to the Director or Coach Nick, along with a check for \$45, payable to **Peninsula Boxing**. Following initial payment and registration, continuing student tuition is \$45 per month. You will receive an invoice at the start of each month which is due and payable by the 1st. Email nick@peninsulaboxing.org or Phone: (650) 290-1920.



| | |
|--|---|
| Parent Name _____ | |
| Signature _____ | |
| Address _____ | |
| City _____ | Zip Code _____ |
| Daytime Phone _____ | Home Phone _____ |
| Email Address _____ | |
| Child's Name _____ | Age ____ Birthday: (mo/day/yr) ____/____/____ |
| Circle: Male or Female / Name Of Facility Attended _____ | |
| Gymnastic Program Start Date: (mo/day/yr) ____/____/____ | |
| Check Appropriate Box For Payment Options. 1 Month \$45 <input type="checkbox"/> 2 Months \$90 | |
| <input type="checkbox"/> 3 Months \$135 <input type="checkbox"/> Discounts for siblings. Enroll Today | |

