

NORTH KINGSTOWN RECREATION 3RD AND 4TH GRADE GIRLS GYMNASTICS THURSDAYS, JANUARY 5TH TO FEBRUARY 23RD, 2017

RECREATION GYMNASTICS FOR 3RD & 4TH GRADE GIRLS WILL BEGIN ON THURSDAY, JANUARY 5, 2017. THIS PROGRAM IS SCHEDULED FROM 5:20 PM TO 6:50 (there may be a few dates that the program will start slightly later due to scheduling conflicts more information to come on this) AT THE HIGH SCHOOL PRACTICE GYM, LOCATED ON FAIRWAY DRIVE OFF OF BOSTON NECK ROAD. GO TO THE BACK OF THE SCHOOL AND ENTER THE MAIN LOBBY. FOLLOW ALONG THE CAFETERIA TO THE END AND FIND THE GYM ON THE LEFT.

SNOW LINE IS 268-1543

TO REGISTER: PLEASE FILL OUT THE FORM BELOW AND BRING IT THE FIRST DAY. **THE FEE FOR THIS ACTIVITY IS \$40.** IF YOU PAY BY CHECK MAKE IT TO: TOWN OF NORTH KINGSTOWN

THIS IS THE SCHEDULE:	JANUARY 5
	JANUARY 12
	JANUARY 19
	JANUARY 26
	FEBRUARY 2
	FEBRUARY 9
	FEBRUARY 16
	FEBRUARY 23

EXERCISES INCLUDE FLOOR, VAULT, BEAM AND UNEVEN BARS. WEAR SHORTS AND A T-SHIRT OR LEOTARDS. **TIE YOUR HAIR BACK IF LONG.** BENEFITS OF THIS PROGRAM INCLUDE UPPER BODY STRENGTH, FLEXIBILITY, BALANCE AND FUN.

PARENTS DO NOT HAVE TO STAY IF YOU HAVE OTHER THINGS TO DO. IF YOU DO STAY AND BRING OTHER CHILDREN YOU MUST KEEP THEM UNDER YOUR CONTROL. IF YOUNG CHILDREN ARE ALLOWED TO ROAM ON THEIR OWN INJURIES COULD OCCUR.

IF YOU HAVE QUESTIONS PLEASE CALL YOUR RECREATION DEPARTMENT AT 294-3331x241 OR EMAIL ME AT asouthwick@northkingstown.org **IF MAILING MAIL TO: 100 FAIRWAY DRIVE, NORTH KINGSTOWN**

**Basketball Begins November 12, 2016 register TODAY!*
**Follow us on FACEBOOK and always know what's going on with the Recreation Department*
**TOWN WEB SITE IS www.northkingstown.org*

3RD AND 4TH GRADE GIRLS GYMNASTICS

NAME _____ PHONE(S) _____

ADDRESS _____ 028 _____ BIRTHDATE _____

SCHOOL _____ GRADE _____ ANY PROGRAM SUGGESTIONS _____

EMAIL _____

MEDICAL PROBLEMS _____

I AGREE TO THE UNRESOLVED USE OF MY CHILD'S NAME AND/OR LIKENESS (INCLUDING PHOTOGRAPHS, VIDEO TAPES, AND OTHER DEPICTIONS) FOR PUBLICIZING NORTH KINGSTOWN RECREATION ACTIVITIES AND EVENTS.

PARENT/GUARDIAN SIGNATURE _____

OFFICE USE ONLY:

WAIVER _____ PAID _____ A _____ DATE _____