

KidShape Fall 2011

- Are you looking to have a healthier family?
- Would you like for your family to be more active?
- Do you think you and your family could eat healthier?

If you answered yes to one or all of these questions then KidShape is for you and your family

- KidShape is for children ages 6 to 14 who are looking to have a healthier lifestyle and have a high Body Mass Index
- The program lasts for 9 weeks and the child must be accompanied by a parent or guardian for at least 7 of the weeks
- The program lasts for two hours once a week from 6pm to 8pm on Wednesday nights at the Indiana YMCA
- If you have multiple kids to join the class, they are more than welcome to sign up as well
- Classes include eating healthier and cost efficient, being more active and how to do so, and having a positive self esteem and mental well-being
- This program is taught by certified KidShape health professionals including a Registered Dietitian, Family Counselor, and Exercise Specialist
- The entire family can and will benefit from KidShape for a healthier lifestyle
- Earn \$50 worth of prizes at graduation

For more general information, info on fees, or to sign up please fill out the reverse and bring this form to Indiana County YMCA or call at **(724)-463-9622**

Classes Start September 21, 2011

To put Christian principals into practice through programs that build a healthy spirit, mind and body for all.

Kidshape Information Form

Parent/Guardian Name: _____

Child(s) Name(s): _____

Address: _____

Phone Number: _____ **Cell Number:** _____

Best time to call: _____

Email Address: _____

Child(s) Height: _____

Child(s) Weight: _____

Child(s) Age: _____

Insurance Provider (if any): _____

Please bring information to

**YMCA of Indiana County
60 N. Ben Franklin Road
Indiana PA, 15701**

724-463-9622

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