



# Summer Program

**GYM 60** is a RecMil opportunity for children in grades **1<sup>st</sup>** through **6<sup>th</sup>** to enjoy and learn various **fitness** and **nutrition** skills that will aid in lifelong wellness and health. The purpose of this program is to provide children with a positive outlook on healthy choices that will benefit their future, and support 60 minutes of *physical activity per day*.

**When:** June 4<sup>th</sup> (First Monday of summer break)  
Thru August 17<sup>th</sup>

**Monday - Friday 8:20-11:30**

**Where:** Meadowlark Elementary  
816 East 7<sup>th</sup> Street, Gillette WY 82716

#### Activities Include:

**YOU MUST HAVE ATTACHED FORM FILLED OUT TO PARTICIPATE IN THE ACTIVITIES.**

- Basic information and skills with cardio equipment and pedometers
- Basic techniques of strength training
- Bike Riding and Safety
- Individual and Team Activities
- Team Relays
- Fitness Games
- Nutritional Lessons
- Outdoor and Lifetime Physical Activities
- Etc.

**Anyone under the age of 18 is welcome to participate in free breakfast and free lunch.**

For more info contact Jessa Shaw (406-861-4289) or Cameron Anderson (307-299-6256)

**be active.**



## Registration Form

**\*Parents: Please sign and complete form to bring on June 4<sup>th</sup> to Meadowlark Elementary.**

**Child's Name: \_\_\_\_\_**

**Parent/Guardian Name: \_\_\_\_\_**

**Parent's Contact #'s: Home: \_\_\_\_\_**

**Work: \_\_\_\_\_**

**Cell: \_\_\_\_\_**

**Child's Grade/Age: \_\_\_\_\_**

**Emergency Contact Information (If parent is unavailable):**

**Does your child have any allergies? (If so, please explain severity and if any actions need to be taken during class to relieve symptoms)**

**Any additional pertinent medical information:**

**Parent Signature: \_\_\_\_\_ Date \_\_\_\_\_**