



## Lake Forrest Preparatory School Fitness Fun & Youth Health Coaching ENRICHMENT PROGRAM

Dates: September 10<sup>th</sup> - December 10<sup>th</sup>  
When: Every Monday  
Time: 4pm - 5pm  
Cost: \$200

### Program Includes

Individual & Team Fitness  
Fun Games, Relay Races & Competitions  
Various Sports  
Athletic Training  
Health & Nutrition Coaching  
Meal Prepping  
Cooking\*



### SickFitness, LLC Registration Form

Child's Name \_\_\_\_\_ Parent's Name \_\_\_\_\_

Parent's Phone Number \_\_\_\_\_ Alternative Phone Number \_\_\_\_\_

Email Address \_\_\_\_\_ Child's Grade \_\_\_\_\_

Age \_\_\_\_\_ Allergies (please list) \_\_\_\_\_

Physical Limitations (please list) \_\_\_\_\_

Registration is now **OPEN!**

Please return this form along with a check made out to Lake Forrest Prep no later than Friday, August 31<sup>st</sup>.

Questions? Please Contact:  
**Ryan Sick:** 407-927-2938 or **Kim Rocanello:** 407-383-9092  
Visit our website at [www.SickFitness.com](http://www.SickFitness.com)