

**Stretch-N-Grow**  
**The Fabulously Fun Fitness Program**

**Spring Session 2018**

We are now accepting registration for the Spring Stretch-N-Grow session. New students are welcome! This fun and lively after school program is available to both boys and girls, and teaches basic fitness and nutrition through stories, games and exercise. A percentage of the money made will be donated to Hope PDO and Preschool.

Stretch-N-Grow classes will be offered both Mondays and Tuesdays. After the school day ending at 1:00, the HOPE staff will escort the Stretch-N-Grow **Preschool** children to 'Friendship Hall' for their class. The **Pre-K** children will be escorted to one of the preschool classrooms and supervised by a member of our staff until 1:30, when their class begins. Please be on time to pick up your child, as there is NO supervision for either age group after Stretch-N-Grow. The Preschool session ends at 1:30 and the Pre-K session ends at 2:00.

**REGISTRATION:** The attached registration form may be returned to the Stretch-N-Grow folder in the Hope PDO office. Please note that registration is taken on a 'first come first served' basis and payment in full is mandatory to secure your spot. Children enrolled in Hope PDO's Happy Hedgehogs class may not enroll; no exceptions will be made.

**SCHEDULE:** The first day of Stretch-N-Grow will be Monday, January 22<sup>nd</sup> and Tuesday, January 23<sup>rd</sup>. Classes will not be held during the weeks of Presidents Day and Spring break. The last day of classes will be on May 14<sup>th</sup> and May 15<sup>th</sup>.

There will be one class per week. There are no 'make-ups' if your child is absent and misses a class. Please note that classes will be offered as listed below, but should a class not fill, families will be notified and asked to move to a different day/time.

Classes will be held as follows:

<b>Monday:</b>	<b>Preschool 1:00-1:30</b>	<b>Pre-K 1:30-2:00</b>
January 22, 29, February 5, 12, 26, March 5, 12, 19, April 2, 9, 16, 23, 30, May 7, 14		
<b>Tuesday:</b>	<b>Preschool 1:00-1:30</b>	<b>Pre-K 1:30-2:00</b>
January 23, 30, February 6, 13, 27, March 6, 13, 20, April 3, 10, 17, 24, May 1, 8, 15		

*Children in the Blue Birds and Pre-K classes may sign up for Pre-K Session*

**COST:** The cost of the class is **\$105** (\$7/class) for preschool students and **\$135** (\$9/class) for pre-k students, due at registration.

**ATTIRE:** Please dress children in comfortable clothes and sneakers on Stretch-N-Grow days. Children will not be changing before class.

**MAKE-UP CLASSES:** Should a class be cancelled due to school closure, it will NOT be rescheduled. Should a class have to be cancelled by the instructor, the instructor will re-schedule. In either case, arrangements will be made and parents will be notified.

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**Spring 2018 Registration Form**

<b>Child 1:</b>	<b>Child 2:</b>
<b>Name:</b>	<b>Name:</b>
<b>Date of Birth:</b>	<b>Date of Birth:</b>
<b>Teacher:</b>	<b>Teacher:</b>
<b>Class Day:</b>  <i>Monday                      Tuesday</i>	<b>Class Day:</b>  <i>Monday                      Tuesday</i>
<b>Class Time:</b> <i>Preschool      Pre-K</i> <i>1:00-1:30      1:30-2:00</i>	<b>Class Time:</b> <i>Preschool      Pre-K</i> <i>1:00-1:30      1:30-2:00</i>

**Parent's Information:**

**Name:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Home Phone:** \_\_\_\_\_ **Cell Phone:** \_\_\_\_\_

**Emergency Contact during Stretch-N-Grow class (OR circle one above):**

**Name:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

*If your child was enrolled in the fall session, you do need to fill out a NEW REGISTRATION FORM*

**Please include a check (Preschool \$105 or Pre-K \$135) made payable to *Courtney Taylor*.**

Please call Courtney Taylor in the Hope PDO office at (303) 741-1073 if you have any further questions.