



Cardio Kool Kids™ is the latest craze in kids' dance & fitness!!

*Kickboxing*Strength Training*Sports Drills*Journaling*Hip-Hop Dance
*Healthy Life Tips

Class is on Mondays, 2:25pm-3:25pm, 8/29/11-12/12/11, \$195, and includes:

- *13 hours of instructional time *Journal and Pen
- *A Set of Handweights (child keeps at the end of session)
- *A CCK T-shirt (to be worn at Showcase Celebration)

Cardio Kool Kids™ was created and is taught by East Cobb parent, Amy Head, an ACE Certified Fitness Instructor and certified ZUMBA Instructor. Amy has been in the dance and fitness industry for over 20 years. She is a Licensed Clinical Social Worker in private practice here in Marietta and works with children and families on issues of health and self-esteem. **For info, contact Amy at amyhead07@comcast.net or 404-229-4993! Registration Deadline 8/26/11!**

CARDIO KOOL KIDS™~Original at Garrison Mill Elementary ~ Registration Fall 2011

Mondays 2:25pm-3:25pm; August 29, 2011- December 12, 2011; Cost: \$195 per student

(8/29, 9/12, 9/19, 9/26, 10/3, 10/10, 10/17, 10/31, 11/7, 11/14, 11/28, 12/5, 12/12)

NO CLASS on: 9/5-Labor Day; 10/24-Early Release/Conference Week; 11/21-Thanksgiving Break

Please notify your child's teacher that he/she will be participating in this activity on Mondays!

Student Name _____ Age _____ D.O.B. _____ T-shirt size _____

Grade _____ Teacher _____ Emergency Contact Name/Phone _____

Responsible Party _____ Email _____

Phone (H) _____ (W) _____ (C) _____

Mailing Address with Zip Code _____

Previous Dance/Fitness Experience _____

Allergies/Physical Restrictions _____

After class, my child will attend ASP be picked up at car pool

*Please note that car poolers will go to ASP if they are not picked up within 10 minutes after the class ends.

I hereby agree to release and hold harmless the Garrison Mill Elementary School and/or Foundation, its officers, trustees, and representatives and *Cardio Kool Kids™*, its employees and representatives, from any responsibility, loss, liability, damage or costs which Participant may incur in this afterschool program whether caused by the negligence of Garrison Mill and/or *Cardio Kool Kids™*s, the negligence of Participant and/or others, or due to accidental occurrences. In the case of injury or medical emergency involving Participant, if a parent or guardian cannot be reached, I give the *Cardio Kool Kids™* program representative(s) permission to seek appropriate first aid or medical care and I agree to be fully responsible for the cost of any services provided. Party/Relationship _____ Date _____. **Please return form/payment to Amy Head, 2753 Eagle Ridge Road, Marietta, Georgia 30062. **Make checks payable to Cardio Kool Kids, Inc.**