



Fit-Time For Teens



Sponsored by Comal ISD Continuing Education

Fit-Time For Teens has partnered with your school with one goal in mind, to provide a quality, fast paced fitness program with unmatched value for your 6th through 8th grade children. The Fit-Time For Teens program involves agility, jumping, running, crawling, strengthening, endurance and nutritional training in a safe learning environment....*your school!* Fit-Time instills confidence and healthy habits that promote fitness for life!

Fit-Time for Teens...Fitness for Life!

Check your school and your desired sessions below:

Mondays and Wednesdays

4-5 pm on campus

Canyon Middle

Session One = \$68.00

Jan 23, 25

Jan 30, Feb 1

Feb 6, 8

Feb 13, 15

Session Two = \$68.00

Feb 22, 24-make up for 20th

Feb 27, 29

Mar 5, 7

Mar 19, 21

Session Three = \$68.00

Mar 26, 28

Apr 2, 4

Apr 9, 11

Apr 16, 18

Tuesdays and Thursdays

4-5 pm on campus

Church Hill Middle

Session One = \$68.00

Jan 24, 26

Jan 31, Feb 2

Feb 7, 9

Feb 14, 16

Session Two = \$68.00

Feb 21, 23

Feb 28, Mar 1

Mar 6, 8

Nov 15, 17

Session Three = \$68.00

Mar 27, 29

Apr 3, 5

Apr 10, 12

Apr 17, 19

There will be a minimum of 10 students per session

CHILD NAME: _____ AGE _____

PARENT/GUARDIAN NAME: _____ Email: _____

ADDRESS: _____ CITY, STATE, ZIP: _____

PHONES: HOME _____ CELL _____ WORK _____

I authorize the release of student's name and picture to CISD Community Ed Brochure and/or news media. Yes No

WAIVER OF LIABILITY & MEDICAL RELEASE

In and for consideration of my participation in this program, I hereby agree and promise that we will not hold the Comal Independent School District, or RCS Affiliates, LLC d.b.a. Fit-Time For Kids, its employees, or any instructors responsible for any loss, damages, or personal injuries that my child may receive as a result of participation. This waiver of liability expressly includes transportation to and from, or in connection with, said program.

Parent/Guardian Signature: _____ Date: _____

Please call the Community Education office at 830-221-2177 with any questions.

Registration and payment must be received before the first day of class to hold your spot in the class. Enroll online or submit this form with a check payable to COMAL ISD Community Education Dept.

You may register online at <http://comalisd.revtrak.net>