

FANtastic Kid Enrollment Form

Child's Name

Child's D.O.B.

Child's Grade

Parent's Name

Parent's Name

Mailing Address

Email Address

Home Phone

Work Phone

Cell Phone

Emergency Contact Person

Emergency Contact Cell phone

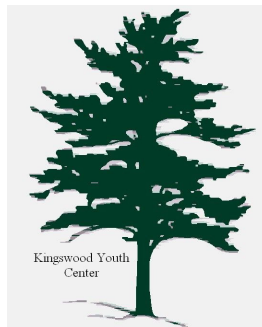
Emergency Contact Home Phone

Emergency Contact Work Phone

Mail to FANtastic Kids:
PO Box 10 Mirror Lake, NH 03853
Call Megan Fichter with questions:
(603) 569-2725 ext: 228

This wellness initiative is brought to you through the
collaboration of community partners:

YMCA Camping Services, Huggins Hospital, Kingswood
Youth Center & the Governor Wentworth Regional School
District



FANtastic Kids

Ask your Healthcare
Provider if FANtastic Kids
is right for your child.



What is it?

Fantastic Kids is a FREE 8 week after school fitness and nutrition program that combines interactive nutrition games, healthy snacks, and fun physical activities for children grades 4-6 who are residents of Wolfeboro and are interested in eating well and being active.

This program encourages family involvement: Initial meet & greet, one all family dinner, graduation party & consultation with a registered dietitian.

Parents will receive letters home to inform them of what their child is learning each week so that they can continue their child's nutritional and physical goals at home.



Program Dates

**FANTastic Kids will run twice weekly
Mondays & Thursdays, 3:20-4:45 pm
Sept. 26th – Nov.17th at
*Crescent Lake Elementary School.
*Late bus is available if needed.***

Enrollment for this FREE program is first come first serve, enrollment caps at 20 participants. Complete the Enrollment Form on the back of this brochure to enroll your child today.

****FANTastic Kids is being run as a pilot program this year. If it proves successful we hope to extend it to all interested Governor Wentworth Elementary Schools, grades 4-6, in 2012.***

What's in store for YOU!

- Interactive nutrition activities
- Nutrition classes
- Before & after BMI measurements
- Healthy snack preparation and cooking demonstrations
- Registered Dietitians offer family education sessions & clinic-based 1-on-1 support plans.
- Peer leaders volunteer their time to be positive teen role models.
- Organized fun physical activities twice weekly.
- Support for families engaging in physical activities outside of program time.
- Fun and active field trips

