

## **Find the Fun N Fitness**

What: FREE Speed, Agility, and Basketball Lessons

Where:

TBA - Cary, NC

TBA - Durham, NC

TBA - Raleigh, NC

**Who: Any child between the ages of 8 and 12**

**Cost: FREE**

**When: Dates July 2011 - (TBA)**

**Boys and Girls Max of 30 per session**

**1:30pm - 4:30pm**

- o You MUST register PRIOR to the start of lessons**
- o Registration open now**

[Click Here to Sign Up Online](#)

(Adobe Reader required to print)

[Click to Print Registration Form](#)

□

**This fitness session is geared towards teaching kids the importance of exercising. □ Your child will perform many different types of physical**

**activity, including basketball drills that require hand eye coordination, balance, speed, and agility. We will use basketball because it is a sport that has many different variations of mind and body skill sets every child should develop at an early age.**

**See you there, as your child finds...**

**Fun 'n Fitness !**

Get directions

Please take a moment and visit our Sponsor's Website.