



## Shamona Creek FitFest for everyBODY!

Thursday, February 11, 2016  
6:00 – 8:00pm  
Shamona Creek Elementary School

All Shamona Creek Elementary students are invited to sign up to participate in this exciting event intended to increase education about health and wellness in our school. FitFest for everyBODY! is **limited to 140 students**, so please fill out the back of this sign up sheet and return it as soon as possible to guarantee your child a spot at the event. **Forms are due back to the school office by 1/27 at the latest.**

Participants will be divided into groups and rotate through four 20 minute sessions throughout the evening. The sign up form lists the seven stations that will be offered at the event. All children will visit the Wellness Station which will have interactive vendor tables from organizations in our community. Please rank the six other stations in order of interest (1 – most interested, 6 – least interested). We will do our best to assign your child to the stations that most interest him/her.

If you have any questions regarding the Shamona Creek FitFest for everyBODY event, please email Jen Ranalli at [ranalli\\_house@comcast.net](mailto:ranalli_house@comcast.net)

\*\*\* Please note that by signing the accompanying form, you acknowledge that children must be accompanied by an adult to attend this event.

**FitFest for everyBODY sign up form**  
**(Please fill out one form for each student being registered)**

**Students name:** \_\_\_\_\_

**Students Grade:** \_\_\_\_\_

**Parents name:** \_\_\_\_\_

**Parents Email:** \_\_\_\_\_

**Parents Contact # during event:** \_\_\_\_\_

**Parents Signature:** \_\_\_\_\_ **Date** \_\_\_\_\_

<b>Event</b>	<b>Preference (1-most interested, 6-least interested)</b>
Veggiecation (interactive learning about nutrition/ cooking)	
Zumba	
Pilates	
Yoga	
Martial Arts	
High IntensityInterval Training	
Wellness	Mandatory