The Fabulously Fun Fitness Program for Kids!

Toddlers and Preschool Children
Fitness classes filled with fun and excitement!

Early Childhood Education Center, in conjunction with Stretch-n-Grow of Northeast Ohio, is excited to offer fitness classes for toddler and preschool children!

Stretch-n-Grow is the world’s largest fitness organization for children. We promote exercise and wellness for children of all ages. Throughout the year, our comprehensive curriculum includes good nutrition, major muscle recognition, safety and hygiene. Stretch-n-Grow classes help to increase body strength, endurance and flexibility, preparing children for participation in various activities such as soccer, gymnastics, dance & other athletic programs. Our primary goal is to help kids learn to exercise and to love it!

Children will have the opportunity to participate in various activities including an obstacle course, relay races, beach ball hockey, movement and much more! We will discuss the virtues of teamwork and good sportsmanship. Coaches Renee and Amanda are excited to work with your children as they focus on healthy habits and taking care of ourselves.

Renee Powell is the Owner and Director of Stretch-n-Grow in Northeast Ohio. Renee holds undergraduate and graduate degrees from Xavier University. Renee is a mother, an avid fitness enthusiast and is dedicated to the health and well being of children. Renee holds certifications in group fitness, aerobics instruction and youth fitness. Contact Renee if you have any questions at (330) 204-7200.

Amanda Celinski has gone to school for EMT and firefighting and is currently pursuing a degree in Sports and Exercise Studies. She has been working with children in various capacities for the past five years.

PERMISSION SLIP
(8-19-19 through 8-14-20)

Child’s Name:_________________________________________Age:_______ Birth date: _________ M/F_____

My child has permission to participate in the Stretch-n-Grow classes at: ____________________________________________.

I understand that Stretch-n-Grow is a voluntary enrichment program. I understand SNG is a physical fitness activity and agree to assume the risk of any & all personal injuries to my child, or property damage, & to hold harmless SNG, its owners, officers, directors, employees, agents & volunteers from any & all injuries or property damage arising from this activity, & hereby release any & all claims of whatever nature arising therefrom.

Health Disclosure:
The children in the Stretch-n-Grow Program will participate in various sessions throughout the school year and summer. The classes, which are approximately 20 to 30 minutes each, will consist of warm-up, stretching, floor exercise and aerobic activities and games. Please describe below any injuries or health problems that might limit your child’s participation in class.

If none known, check here: ____________________________________________________________________________________________

Parent/Guardian Printed Name: __________________________________________________________________________________________

Parent/Guardian Signature: __________________________________________________________ Date: ______________________

Address: __________________________________________________________________________________________________________

Telephone: _____________________________________________ Email: _________________________________

Contact Renee Powell, Owner & Director, SNG of Northeast Ohio (330) 204-7200 if you have any questions.