

## **KSS Summer Offering #23**

Course Title: **Fit 4 Fun**

Teacher: Mrs. D. Bagdzius

Dates: June 20th - June 24th

Grades: Students entering Grades K-5 (see groups below)

Group 1: Grades K, 1, and 2 - 8:30 AM - 9:30 AM

Group 2: Grades 3, 4, and 5 - 9:45 AM - 10:45 AM

Tuition: District 94 Students: \$35.00 per child

Out of District Students : \$40.00 per child

Required Materials: Gym shoes, comfortable athletic clothing, water bottle

Enrollment: Minimum 5 students, maximum of 20 students per section

Questions: Contact Mrs. D. Bagdzius at (708) 447-8030, ext. 127  
dbagdzius@komarek94.org

### **Description:**

Ensure that your child is FIT 4 fun this summer. Students will take advantage of the beautiful summer weather by participating in fitness and team building exercises outside and/or in the auditorium. The activities will range from stretching, cardiovascular skills, everyday strengthening exercises, fitness games, ultimate frisbee, and water games, all designed specifically for elementary school age students. Each will place emphasis on ways to stay healthy and fit while having a blast.