



## **Girls in Grades 2-5**

HALB Women's League is pleased to offer an exciting fitness program for our Friday after school program for girls in grades 2-5 with Fitwize. The class will be a combo dance, fitness and lots of fun! The girls will enjoy a fast moving combination of zumba and a hip hop class. They will also have optional time for supervised circuit training. A bus will transport the girls from school to Fitwize on Friday. Pickup will be from Fitwize at 2:30 p.m. sharp. Arrangements must be made for pickup. **Space is limited so please reserve your spot early. Spots cannot be reserved without payment.** We will need a minimum amount of students to run the program. The cost for the program will be \$275.



### **DEADLINE FOR REGISTRATION IS FRIDAY SEPTEMBER 28<sup>TH</sup>, 2012**

The program will take place on the following Fridays:  
**10/19, 10/26, 11/2, 11/16, 11/30, 12/7, 12/14, 12/21, 1/4, & 1/11.**  
 There will be **no** sessions on 11/9, 11/23 and 12/28.

If you have any questions please contact:  
 Astrid Leifer 516-316-1544 [aleifer11@gmail.com](mailto:aleifer11@gmail.com)  
 Beth Swedarsky [beth@bkstherapy.com](mailto:beth@bkstherapy.com)

Please mail your form with payment (made out to **HALB Women's League**)  
 to: **Astrid Leifer**  
**11 CopperBeech Lane**  
**Lawrence, NY 11559**

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 Student Name \_\_\_\_\_ Email \_\_\_\_\_  
 Address \_\_\_\_\_ Grade \_\_\_\_\_  
 Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_  
 Emergency Contact Number \_\_\_\_\_

I hereby give my child \_\_\_\_\_ permission to go on the bus to Fitwize.  
 Signed \_\_\_\_\_  
 Print Name \_\_\_\_\_