

Kids Fit Club

River Gate Elementary



Give your child the gift of fitness!

Class Description

This class is designed to give kids a positive outlook and attitude towards fitness for life! The class will incorporate exercise and fitness to improve each child's fitness level and encourage development of physical skills for each age group. Kids will do various movement-related exercises from calisthenics to running to obstacle courses to enhance fitness and athletic and motor skill development. Outdoor/gym games will be included to incorporate fitness into fun activities or games.

Activities will include but are not limited to:

- Activities that encourage physical development and coordination such as running, crawling, climbing, skipping, and jumping (ex: obstacle courses, relay races, calisthenics)
- Pushing, pulling, throwing, kicking, and catching activities and games
- Agility and balance exercises
- Squatting and lunging
- Active flexibility and movement preparation (appropriate warm-up and cool-down)

Drop-off: Kids will remain at the school and will be taken to the gym or exercise area at 3:00 PM.

Offered: Class will be offered on Mondays and Wednesdays each month.

Ages: Class will be offered for kids in 2nd through 5th grade

Pick-up: Pick-up will be at 4:00 PM in front of the school.

Location: Gymnasium, outside playground, other designated outside areas.

Weather Policy: Class is held regardless of weather. In case of rain, students will be taken in the gym, classroom, or hallways for workout and fitness-related games.

Session 1: Starts Monday, March 1st and goes through Wednesday, March 31st

Cost: 2 classes/week-\$125 for the month; family discounts also available

10% of all proceeds go to the school!



Meet Julie...



Julie Sawyer is an energetic and versatile personal trainer and tennis pro with years of experience working with kids of all ages. She is an ACE-certified personal trainer and group fitness instructor at the Palisades Country Club. She is a member of the Association of Professional Personal Trainers and also holds a Level 1 Certification with the International Youth Coaching Association.

Julie is currently coaching fitness classes for advanced young tennis players at the American Tennis Academy at the Palisades. She spent her summer there running tennis camps and instructing fitness classes for all ages, including Charlotte's first *Fitness 4 Tennis* class at Olympic High School. She has also run kids' fitness classes at Orchard Park at Springfield, at the Sanctuary, and at the Palisades. Her strongest quality is the ability to deliver quality instruction to kids of all ages while making class fun and interesting. Because of this expertise, her retention rate through the years has been extremely high.

Certifications/Accolades:

- ACE-certified personal trainer
- International Youth Coaching Certification, Level 1 Specialist
- Association of Professional Personal Trainers, Charter member
- ACE-certified Instructor Liability Insurance, Interest Insurance Services
- CPR certification through the National Safety Council
- USPTA certified
- Recognized by leaders in fitness as one of the nation's up-and-coming trainers in the industry
- 4-year scholarship earner and starter for Clemson Women's Tennis Team
- ACC Athlete of the Week
- Team Captain and Most Improved, Clemson Women's Tennis
- South Carolina Player of the Year



SC Women's Tennis Athlete of the Year