

**IOWA STATE UNIVERSITY  
 SUMMER YOUTH FITNESS PROGRAM  
 For Children in Grades K - 6  
 Sponsored by the Department of Kinesiology & Health  
 June 8 to July 30, Monday to Thursday  
 1:00 – 5:00 pm**

The ISU Summer Youth Fitness Program has two primary goals: (1) to provide an opportunity for girls and boys in grades K - 6 to participate in physical activities which facilitate their physical growth, motor skill development, and physical fitness; and (2) to develop knowledge and attitudes which will provide a basis for continued interest in physical activity and fitness for a lifetime. The program consists of four days a week of physical activity, including instruction in aquatics (daily swimming lessons), creative movement, various sports/games, and physical fitness activities. The emphasis for the program is on experiencing many different types of physical activities.

Jenny Smith-Wittrock, M.S. of the Department of Kinesiology at Iowa State University is the program director. The group instructors are kinesiology and education majors who are experienced with physical activity and its implementation in young populations. Aquatic activities will be provided by instructors with appropriate certification.

A \$100 deposit for each child is required along with completion of this enrollment form. The deposit is non-refundable. The program can only take check or money order for payment. Payment should be addressed to Iowa State University with "ISU Summer Youth Fitness" written in the memo line.

Cut and return the bottom portion to the Department of Kinesiology

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Child's Name	Age on June 8	Sex (M or F)	Grade Completed in June 2020

Parent and Guardian Name(s): \_\_\_\_\_

Email Address(es): \_\_\_\_\_

Phone numbers that can be reached during program hours: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_

Zip Code: \_\_\_\_\_

The instructional aspect of the program is designed to meet the needs of children by considering their abilities, maturation, and developmental levels. All children are provided the opportunity to be successful in the various movement activities. Children of varying skill abilities will be able to interact effectively within the framework of the program's activities.

Participants will be placed in groups based on age/grade level. The younger girls and boys will take part in activities that facilitate the acquisition of basic movement skills and provide an awareness of their physical abilities. The older children will participate in more activities associated with individual and team sports. All activities are conducted with fitness and/or motor skill development goals in mind.

Please return the enrollment form along with a deposit of \$100 for each child, which will hold a place(s) in the program. The deposit is non-refundable unless the program is cancelled or the child is unable to attend due to injury or illness. An official registration packet and additional information will be sent in April to enrolled families. Please provide your email clearly when submitting this form as additional paperwork will be sent electronically to families.

**Program Fee:**

One Child from Family	\$500
Second Child from Family	\$475
Third Child from Family	\$450
Fourth Child from Family	\$425

**Contact Information:**

Jenny Smith-Wittrock, M.S.  
243 Forker Building, ISU  
Ames, Iowa 50011  
(515) 294-1762  
Email: gavsmom@iastate.edu

**Payment Structure for the Program:**

- June and July participation (8 weeks) with full payment on June 15 or split payments (June 15 and July 6)
- June participation (4 weeks) with full payment on June 15
- July participation (4 weeks) with full payment on July 6

Due to the need to limit group sizes, **registration is restricted to the first 120 children.** Please check the Department of Kinesiology website for more information and program updates.

<https://www.kin.hs.iastate.edu/isu-summer-youth-fitness/>

Summer Youth Fitness has been offered for 35 years! Thank you for considering this physical activity-based program for your child. You are helping the Department of Kinesiology further prepare physical education teacher candidates and helping your child establish healthy habits early in life.

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