

# AM Get Fit



## At the Chester Elementary Schools

Help your student start the day right with exercise while having fun and learning about healthy eating habits with emphasis on teamwork, tolerance and kindness.

**When:** Starts on Thursday, April 14, 2016 - 7:45 - 8:30am. Runs for 8 weeks on Thursdays and Fridays; until Friday, June 3rd., 2016. (Flexible enrollment—you choose your lessons).

**Where:** Dickerson Gym

**Who:** Students ages 5 - 11

**Instructor:** Marisa Le Rette

**How:** Register and enroll online at [www.mcartsworkshop.com](http://www.mcartsworkshop.com)



AM Get Fit is priced on a variable scale that rewards a full semester schedule commitment for a maximal number of regular lessons. Parents who enroll their student for the entire set of 16 lessons before the start date of Thursday, April 14, 2016, will pay at the rate of \$8.75 per lesson, or a total of \$140.00.

Parents may customize their own enrollment schedule for enrollment in less than all 16 lessons and/or enroll in several increments.

We do recommend that you enroll your student(s) to a repeating, regular weekly schedule for the duration of the entire semester before the start of the course; however, you may enroll several times during the course and choose few lessons at a time.

For more information, go to our website at [www.mcartsworkshop.com](http://www.mcartsworkshop.com) or call 908-361-8305

(See AM Get Fit Sports course description on the MCAW website for more details)

MCAW reserves the right to make any adjustments in its best interests

*The Morris County Arts Workshop ("MCAW") does not discriminate on the basis of age, race, color, gender, religion, disability or national origins in any of its activities or operations.*

MCAW's AM Get Fit is not a school-sponsored activity!