



**SPRING BOKS
IS OPEN FOR
REGISTRATION!
K-6 WELCOME.**

It's BACK! **BOKS**, a **before school physical activity program**, is gearing up for the Spring session. **BOKS** prepares children for a day of learning and is an important step in helping children gain an appreciation of the benefits of exercise and healthy choices that will last a lifetime. The **BOKS** team of trainers, Lindsay Goff, Courtney Lucey, Joy Tewksbury-Pabst and Kelly Woodsum, have been trained by the Reebok team.

Typical BOKS Class (approximately 40 minutes long):

- Fun warm-up game or movement drills
- Running activity, relay races, obstacle courses & strength movements followed by a fun game
- Cool down & **BOKS** Bit - a nutrition tip.

When is BOKS?

- The spring session will run from Tuesday, March 14 – Friday, June 3.
- **BOKS** will run every Tuesday and Friday morning (excluding April vacation and Good Friday) from 7:20 am (drop-off time) to 8:10 am. (21 sessions total)

How do I sign up?

- **KINDERGARTNERS** welcome this session!
- The first 50 Kindergarten-6th grade students will be accepted on a **first come, first served basis** with forms and payment.
- To register: [Download the registration form and waiver on WNPTO.ORG](#). Send both with payment with your child to school marked **WNPTO/BOKS**.
- Note: there will be no EventBrite registration this session.
- Scholarships are available. *Please speak to Mr. Gray to submit a request.*
- Cost to participate is \$40 for the entire 21 morning session and includes a tee-shirt.

How should your child prepare?

- BOKS kids must arrive in sneakers and with a water bottle ready to participate!
- We will aim to get outside as often as we can this Spring so dress appropriately.
- BOKS kids should come fueled with a good, healthy breakfast. They may also bring a Page-approved snack from home to eat prior to transitioning to their classrooms.

Questions? Contact Lindsay Goff at lindsgoff@gmail.com.

LIKE us on Facebook to keep in touch with your kids' BOKS activities.
www.facebook.com/boksatpage.

**Register now! Space is limited to the first 50 BOKS K-6 kids.
All paperwork and payments must be submitted to reserve your space.**