



Our WNPTO-run before school physical activity program, is gearing up for the Spring session. **BOKS** prepares children for a day of learning and helps kids learn the benefits of exercise and healthy choices. Plus it's FUN!

When is BOKS? NEW TIME!

- The spring session will run from **Tuesday, March 14– Friday, May 26**
- **BOKS** will run every Tuesday and Friday morning (*excluding April vacation and Good Friday*)
- New drop off time is **7:30 am** and class will end at 8:25 am.

Typical BOKS Class

- We encourage tons of fun, lots of music and great teamwork throughout each class as we follow the Reebok curriculum for fundamental movements and functional fitness.
- Approximately 45 minutes long starting with a fun warm-up and movement drills.
- Running, relay races, obstacle courses & strength movements followed by a fun game.
- Cool down & **BOKS** Bit - a nutrition tip.
- The **BOKS** team of trainers, Lindsay Goff, Courtney Lucey, Joy Tewksbury-Pabst and Kelly Woodsum, have been trained by the Reebok team.

Registration

- The first 40 Kindergarten-6th grade students will be accepted on a *first come, first served basis* with forms and payment.
- To register [To register click here.](#) Once registered on the BOKS portal please send payment to school in an envelope marked WNPTO/BOKS.
- Cost to participate is \$40 (less than \$2 per class!).
- New participants will receive a tee-shirt.
- Scholarships are available. *Please speak to Mr. Gray to submit a request.*
- If your child participates in BASP, the staff will walk them to the gym for BOKS.

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 in the Spring.
- Come fueled with a great breakfast and they may also bring a Page-approved healthy snack from home to eat prior to transitioning to their classrooms. Please NO JUNK FOOD!

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

Check out www.facebook.com/boksatpage

for great photos and videos of previous sessions.

**Register now! Space is limited to the first 40 BOKS K-6 kids.
All paperwork and payments must be submitted to reserve your space.**