



Our WNPTO-run before school physical activity program, 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?

- The fall session will run from **Tuesday, March 12th – Friday, June 7th**
- **BOKS** will run every Tuesday and Friday morning.
- 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 of movement drills, relay races, obstacle courses & strength movements followed by a fun game.
- The **BOKS** team of trainers, Lindsay Goff, Brooke Lear, Courtney Lucey, Joy Tewksbury Pabst, Dena Trotta 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.
- **Complete the registration form located on the WNPTO website.** Please send your completed registration form and check made out to the WNPTO to school in an envelope marked **WNPTO/BOKS**.
- Cost to participate is \$40 per child.

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—weather permitting!
- 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.**