

Kids Care Club-November

Kids Care Club is a GHSA supported after school club that teaches kids about the value of community, outreach and charity. Throughout the year we seek to engage kids in meaningful hands on educational outreach projects that teach them the importance of community involvement. In the past we have worked with environmental agencies, nursing homes, children's hospitals, foundations for the terminally ill, animal rescue and even a children's charity in England.

Kids Care Club Yearly Fundraiser---CrossFit and American Ninja Warrior course

- WHO: **K-6** (we realize there is no school for K but feel free to bring them to school for the event)
WHEN: **Thursday, November 19, 2015** (student dismissal - 4:30 pm at Main Entrance near old office)
WHERE: **Gayman Gym**
WHAT: **Come and learn a bit about CrossFit and try an American Ninja Warrior-like obstacle course while raising money for Be the Light of the Party Foundation**
COST: **Suggested donation of \$5 or whatever you would like to donate**

At Kids Care Club this month please join the awesome Mike from **CrossFit Summa*** as he teaches the kids a bit about crossfit and nutrition. Then the kids will be able to attempt an American Ninja Warrior-like course! Come and join the fun while helping the Kids Care Club raise money for a special organization. All money raised will donated to **Be the Light of the Party Foundation****.

***CrossFit Summa** is a community of fitness-minded individuals who share a passion for health and wellness and drive to succeed. We are committed to being the best we can be-as individuals, as athletes and as a community. Please see attached flyer on back of this form!! Visit: **Crossfitsumma.com**

****Be The Light Of The Party Foundation** sponsors parties for shelters, disadvantaged groups, and other charities in the United States and England. Visit: **www.giveparties.org**

If your child/children would like to attend, please print and return this permission slip to your child's teacher by **Monday, November 16th**. **Please fill out the form completely!!!!**

Questions: Claudine piechottafamily@gmail.com Caroline theorford1@yahoo.com Karen karenlaff@verizon.net

Student Name:	Grade:	Teacher:
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

will attend the **Kids Care Club** meeting after school at Gayman on **Thursday, November 19, 2015**. Parents pick up at **4:30 pm**, by car, outside the **Main Entrance**.

parent/guardian name

AFTERCARE?

parent/guardian phone (day of event)

parent/guardian email

Permission slip due November 16, 2015



WORK OUT WITH FRIENDS AND FAMILY!

CrossFit Summa is a community of fitness minded individuals who share a passion for health and wellness and a drive to succeed. We are committed to being the best we can be - as individuals, as athletes and as a community.

- CrossFit Classes
- Yoga for Athletes
- Personal Training
- Massage Therapy
- Mobility Workshops
- Fundamentals of CrossFit

We never stop pushing ourselves and supporting each other as we strive to be "Better Than Yesterday."



**JOIN TODAY AND GET IN THE
BEST SHAPE OF YOUR LIFE!**

4099 Landisville Road, Doylestown | crossfitsumma.com | 267.368.7110