

# TCR BE FIT

## WHERE TEENS COME TO GET FIT AND FEEL GREAT !

### PROGRAM DESCRIPTION

#### BeFit is:

An intelligently designed youth fitness program where children learn the importance of physical activity and how to BeFit for life, while developing self-motivation and self-confidence in a non-competitive, individually progressive environment.

At BeFit we never ask for 'ten push ups'. We want each child to do as many as they can do today, whether it's two or twenty we don't care. What we do care about is that each child progresses and their numbers increase from week to week. That is how we define success and at BeFit each child succeeds, we make certain of it.

The program includes cardio vascular training—including rope skipping a tremendous cardio work out that can be done anywhere you can bring your rope (there is a reason boxers have been skipping rope forever).

Resistance training—strength to body weight exercise such as push ups and walking lunges, wall sits and so much more.

Pilates and yoga based core exercise such as the 'plank' is included in each session, as well as flexibility exercises.

Age appropriate agility and sport specific drills such as 'side to side' lateral movements, 'mountain climbers' and more.

Your child will be so excited to show you what they've learned in class—get ready to see demonstrations at home.

This allows a child's self esteem to soar as their fitness level grows

BeFit offers you an opportunity to give your child the greatest gift of all—the gift of health!

BeFit is taught in small groups of 2-4 children (all within one year of each other in age) or if preferable private lessons are available.

The groups of 8-12 year olds will be conducted in the basketball gymnasium.

The groups of 13 years and older will use the gymnasium as well as learning how to utilize the fitness center. These students will be certified upon completion of the program and allowed limited access to the fitness center on their own. **Applies to registered student members only!**

### FEES:

All classes are sold in groups of ten one hour sessions.

### MEMBERS:

- Private (one child)--\$800
- 2 Children --\$500 per child
- 3 children--\$400 per child
- 4 children--\$350 per child

### NON MEMBERS:

- Private (one child)--\$1000
- 2 Children --\$600 per child
- 3 children--\$480 per child
- 4 children--\$425 per child

### INDOOR FALL SESSION 2007-08

BEGIN	NO CLASS DAYS				LAST CLASS
MON 9.24	10.1, 10.08	12.24	12.31	1.14	1.28
TUE 9.25	11.20	12.25	1.1		1.15
WED 9.26	11.21	12.26	1.2		1.16
THU 9.27	11.22	12.27	1.3		1.17
FRI 9.28	11.23	12.28	1.4		1.18
SAT 9.29	11.24	12.29	1.5		1.19
SUN 9.30	11.25	12.30	1.6		1.20

### SESSION BREAK

MON	
TUE	1.22
WED	1.23
THU	1.24
FRI	1.25
SAT	1.26
SUN	1.27

### INDOOR WINTER SESSION 2008

BEGIN	NO CLASS DAYS				LAST CLASS
MON 2.4	2.18	3.24	3.31		6.2
TUE 1.29	2.19	3.25	4.1		5.27
WED 1.30	2.20	3.26	4.2		5.28
THU 1.31	2.21	3.27	4.3		5.29
FRI 2.1	2.22	3.28	4.4		5.30
SAT 2.2	2.23	3.29	4.5		5.31
SUN 2.3	2.24	3.30	4.6		6.1

# TCR

## "BE FIT" YOUTH FITNESS PROGRAM



### 2007 - 2008

**2600 NETHERLAND AVE.  
RIVERDALE, NY 10463  
PHONE: 718 796 9099  
FAX: 718 796 9530  
WWW.TENNISCLUBOFRIVERDALE.COM**

### REGISTRATION

Student name: \_\_\_\_\_ Email: \_\_\_\_\_ Account: \_\_\_\_\_

Address \_\_\_\_\_ Apt # \_\_\_\_\_ Cross Street \_\_\_\_\_ Town \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home phone \_\_\_\_\_ Mom's Work phone \_\_\_\_\_ Dad's Work phone \_\_\_\_\_

Mom's Cell Phone \_\_\_\_\_ Dad's Cell Phone \_\_\_\_\_

Mom's name \_\_\_\_\_ Dad's Name \_\_\_\_\_ School \_\_\_\_\_

School address \_\_\_\_\_ Cross Street \_\_\_\_\_ Grade \_\_\_\_\_

Contact person \_\_\_\_\_ Dismissal time \_\_\_\_\_ Age of student \_\_\_\_\_ DOB \_\_\_\_ / \_\_\_\_ / \_\_\_\_

### PAYMENT METHOD:

Amex  Visa  Master card  Discover  
CARD # \_\_\_\_\_ EXP. DATE \_\_\_\_\_

CASH  CHECK  
Enrolled by: \_\_\_\_\_ Date: \_\_\_\_\_ Placed  \_\_\_\_\_

Confirmed by: \_\_\_\_\_ Date: \_\_\_\_\_ Note: \_\_\_\_\_

### OFFICIAL USE ONLY

COST \_\_\_\_\_ Deposit \_\_\_\_\_ Balance: \_\_\_\_\_ Date: \_\_\_\_\_