Program Goals

The ISU Summer Youth Fitness Program has two primary goals: (1) to provide an opportunity for girls and boys in grades K - 6 to participate in physical activities which facilitate their physical growth, motor skill development, and physical fitness; and (2) to develop knowledge and attitudes which will provide a basis for continued interest in physical activity and fitness for a lifetime.

The program consists of four days a week of physical activity, including instruction in aquatics (daily swimming lessons), creative movement, various sports/games, and physical fitness activities. The emphasis for the program is on experiencing many different types of physical activities.

Jennifer Smith, M.S. of the Department of Kinesiology at Iowa State University is the program director. The group instructors are kinesiology and education majors who are experienced in with physical activity and its implementation in young populations. Aquatic activities will be provided by instructors with appropriate certification.

Program Activities

The activities of the program are conducted in the Forker Building and playing fields on the central to east portion of campus. Volleyball, soccer, basketball, kickball and other team sport activities will be featured along with racquet sport activities such as badminton, tennis and paddleball. Various active games and physical fitness activities will make up the fitness aspect of the program. Aquatics are delivered on a daily basis in the Forker Pool.

Cut and return bottom half to the Department of Kinesiology

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ISU Summer Youth Fitness - Enrollment Form

<table>
<thead>
<tr>
<th>Child's Name</th>
<th>Gender</th>
<th>Grade</th>
<th>Birthdate</th>
<th>T-Shirt Size</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>M F</td>
<td>____</td>
<td>________</td>
<td>M L AS AM AL AXL</td>
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<td>M L AS AM AL AXL</td>
</tr>
</tbody>
</table>

Parent/Guardian Name: _________________________________________________________________

Address: __________________________________________ City: __________ Zip: _________

Phone: (Home) ___________ (Work) ___________ Email: _____________________

Please include $75 deposit per child to complete the registration. Checks are to be written to Iowa State University. Please write “Summer Youth Fitness” in the memo area on your check

Return to ISU Youth Fitness, c/o Jennifer Smith, 202B Forker Building, Iowa State University, Ames, IA 50011
Further Information:
The instructional aspect of the program is designed to meet the needs of children by considering their abilities, maturation, and developmental levels. All children are provided the opportunity to be successful in the various movement activities. Children of varying skill abilities will be able to interact effectively within the framework of the program's activities.

Participants will be placed in groups based on age/grade level. The younger girls and boys will take part in activities that facilitate the acquisition of basic movement skills and provide an awareness of their physical abilities. The older children will participate in more activities associated with individual and team sports. All activities are conducted with fitness and/or motor skill development goals in mind.

Please return the enrollment form along with a deposit of $75, which will hold a position for your child in the program. The deposit is non-refundable unless the program is cancelled or the child is unable to attend due to injury or illness. The balance of the fee is due on June 15, 2015. An official registration packet and additional information will be sent in April to enrolled families. Please provide your email clearly when submitting this form as additional paperwork will be sent electronically to families.

Program Fee:

<table>
<thead>
<tr>
<th>Category</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>One Child from Family</td>
<td>$350</td>
</tr>
<tr>
<td>Second Child from Family</td>
<td>$340</td>
</tr>
<tr>
<td>Third Child from Family</td>
<td>$330</td>
</tr>
</tbody>
</table>

Due to the need to limit group sizes, registration is restricted to the first 120 children. Please contact Jennifer Smith if you have any concerns related to the program or registration.

Contact Information:
Jennifer Smith, M.S.
202B Forker Building, ISU
Ames, Iowa 50011
(515) 294-1762
Email: gavsmom@iastate.edu

Please check the Department of Kinesiology website for more information and program updates.

http://www.kin.hs.iastate.edu/

Summer Youth Fitness has been offered for 30 years! Thank you for considering this physical activity-based program for your child.

This is not an Ames Community School District publication, nor is it in any way endorsed or sponsored by the District. This publication is being provided only to inform you of other community activities and opportunities.