



The Stretch-N-Grow program is designed to promote exercise and health to preschoolers and early elementary-age children. We assist parents and childcare providers in developing good fitness habits in young children. The program is taught at childcare facilities by trained and certified Stretch-N-Grow coaches.

Our mission is to give children a solid foundation for a lifetime of exercise and fitness habits that will result in good health, strength, and positive attitudes toward exercise.

Stretch-N-Grow is the WORLD'S LEADING FITNESS PROGRAM FOR CHILDREN with approximately 80,000 children participating in our program each week.

In 1992, Stretch-N-Grow classes began in Texas. Today, the program is taught across the United States, in Canada, Guatemala, Hong Kong, Ireland, New Zealand, Portugal, Puerto Rico, Spain and in the United Kingdom.

Stretch-N-Grow **PROGRAM HIGHLIGHTS**

- ✪ **Stretch-N-Grow Stars participate in weekly sessions, which include exercise, fitness activities and a discussion on health and related issues such as nutrition, hygiene and safety.**
- ✪ **We incorporate balls, hula hoops, balance domes and a parachute into our heart-healthy fitness activities.**
- ✪ **Our original adventure stories and fitness routines make exercising EXERciting! Stars have fun while they learn to enjoy exercise and look forward to it!**
- ✪ **Children learn basics of good exercise programs including the importance of warm-up, flexibility, and cool-down as well as muscle groups and functions.**
- ✪ **Simple word and memory games teach children about the basic food groups, the importance of balanced diets, and the health risks of poor eating habits.**
- ✪ **Academic skills (such as counting and colors) are reinforced through our games and activities.**

Stretch-N-Grow is affordable and we offer discounts. For a monthly fee of \$40.00, your child will learn skills that will impact his or her attitude about health & fitness. We offer discounts for siblings and preschool staff and an **\$18.00 discount for quarterly payments (3 months of classes). Can you afford *not* to enroll your child in **Stretch-N-Grow**? We are the Fabulously Fun Fitness Program for Kids!**

****Give completed enrollment forms to the school director or place in the Stretch-N-Grow box at school.**

HEALTH DISCLOSURE

Children enrolled in the **Stretch-N-Grow Fitness Program** will participate in four fitness sessions each month. The exercise portion, which is approximately 30 minutes, will consist of warm-up, stretching, and aerobic activity designed for young children. Describe any injuries or health issues that may limit your child's participation:

NONE

KIDS' SHIRTS

Stretch-N-Grow youth shirts are available. **Make your selection(s) below:**

- X-small (2-4) "We're Exercited" t-shirt \$10**
- Small (6-8) "We're Exercited" t-shirt \$10**
- Small (6-8) SNG Navy Tank Top \$5.00**

PAYMENT INFORMATION

*******Cash, check, Visa, MasterCard, American Express, and Discover are accepted. Make check payable to STRETCH-N-GROW & include your child's name and school in the memo line. On-line bill pay is an option, but please be sure to provide your e-mail address NEATLY on the reverse side. Please add stretch-n-grow@ec.rr.com to your e-mail contact list to insure that you receive our e-mails and invoices. Thank you.**

_____ Initial here if you prefer to pay by credit or debit card and **send no payment now.**

*******If your child or any sibling has previously been enrolled in Stretch-N-Grow, please let us know in the space below. At what school was the child enrolled in Stretch-N-Grow?**