

# VACATION DAY DROP OFF



**FRIDAY, NOVEMBER 10TH**

**10:00AM - 12:00PM**

**SHELTER ROCK ELEMENTARY SCHOOL GYM**

**CHILDREN AGES 7-14**

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Goals are to help increase agility, coordination and tone. The children will be working on boot camp like skills including utilizing the hurtles, agility ladder and resistance bands . During the 2 hour session, we will be teaching the children to love fitness and how to use appropriate form while doing so.

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**\$20 PER CHILD, TO RESERVE SPOT  
PLEASE EMAIL [MANHASSETSEPTA@GMAIL.COM](mailto:MANHASSETSEPTA@GMAIL.COM)**

[paypal.me/ManhassetSEPTA/20/](https://paypal.me/ManhassetSEPTA/20/)

