

Children's Center

Little Soldier Boot Camp Fitness Training & Fun

The class focuses on acquiring basic fitness skills in a fun, interactive boot camp style. By combining a boot camp structure with a preschool friendly atmosphere. children cannot help but imagine they are "little soldiers". Listening and following directions becomes a fun and interactive game. Through a variety of basic exercises, such as, calisthenics, marching, kick-boxing, strength training, obstacle courses and games children learn to feel pride in their movements and accomplishments. Their bodies and imaginations will work together to create an amazing experience!

The instructor, **Michelle Lichten**, has a degree in Early Childhood Education, is an AFAA group certified instructor and was a soldier in the Israeli army. For Israeli Independence Day she organized and ran a preschool boot camp at the Jewish Community Center in Pleasantville. Michelle founded, Calm, Clean and Collected, a personal organizing service that specializes in creating functional and fun children's play spaces.

Six Weeks Session	February 10–March 23, 2012 (no class Feb 24)	
Day:	Fridays	
Time:	12:30–1:00PM	
Ages:	3–4 year olds	
Class size:	4–8 Participants	
Fee:	Member	Non Member
	\$200.00	\$275.00

Little Soldier Boot Camp Registration Form

Child's Name: _____ Age: _____

Parent's Name: _____ Member # _____

Address: _____

Home Phone: _____ Cell Phone: _____

Email Address: _____

Visa MC Amex Credit Card # _____ Exp date _____

Signature: _____ Date: _____