

# JumpBunch Multi-Sport Program

Classes begin Friday, Feb. 14<sup>th</sup>



## Top 10 motor skills for preschoolers:

Catching a ball with two hands, Throwing a ball overhand, Catching a bouncing ball, Running forward and backwards without falling, Walking on tiptoes, Standing on one foot, building up to 10 seconds on each foot, Kicking a ball forward, Performing jumping jacks, Galloping, then progress to skipping alternating feet, Jumping and landing on two feet!

### Day – Fridays

Dates: 2/14, 2/28, 3/7, 3/14, 3/21, 3/28

No class 2/21

Ages: 18 months – 2 years – 10:30am – 11am

Ages: 2 ½ - 4 years – 11:45am – 12:30pm

Ages: 2 ½ - 4 years – 3:15 – 4pm

**Location:** Bright Beginnings Preschool

**Price:** \$75

**6 week session**

**Checks should be made payable to JumpBunch**

### Did you know?

*Research indicates that kids who are physically active on a regular basis tend to be more focused & have better test scores.*

*Research also shows that there are social benefits for kids who have a minimal level of athletic skill.*

**We will run, jump, climb, hop, throw, catch and while these sound like fun and games it holds a hidden benefit –all that child's play burns calories, but it also helps kids develop strong bones and muscles, and "feeds" the brain with glucose, oxygen and water.**

**More than that, the JumpBunch program gives children the opportunity to try new sports.**

## PERMISSION SLIP

YES! My child has permission to participate in

*Club JumpBunch* each week!

Child's Name: \_\_\_\_\_

Address: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Email: \_\_\_\_\_ Age: \_\_\_\_\_

Any physical limitations or allergies: \_\_\_\_\_

Comments: \_\_\_\_\_

**Drop off registration and payment at front desk of school. Checks should be made payable to JumpBunch.**

**Visa and MC accepted:**

**Name on Card:** \_\_\_\_\_

**CC # -** \_\_\_\_\_

**Exp date:** \_\_\_\_\_ **Sec. Code:** \_\_\_\_\_

**Billing zip code:** \_\_\_\_\_

By checking this box, I agree to allow JumpBunch to use the likeness of my child in photographs and/or video for advertising promotional purposes only without compensation to my child or myself. No names will be used in any promotional materials.

To the extent permitted by law and knowing the risk of this activity, I hereby release, waive, forever discharge, and agree to hold harmless JumpBunch, its officers, agents and employees from any liability whatsoever arising out of my child's participation in JumpBunch activities, including but not limited to, medical bills, court costs and attorney's fees, any damage to my property or the property of others, or to others through my child's participation in this program.

Parent's Signature \_\_\_\_\_

Date \_\_\_\_\_

**Questions about the program? Call 631 585 3577  
or email: [wshultz@jumpbunch.com](mailto:wshultz@jumpbunch.com)**