

# Batesville Primary School

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Batesville, Indiana 47006

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Web Page: [www.batesville.k12.in.us/bps](http://www.batesville.k12.in.us/bps)

Melissa Burton, Principal

Suzanne Kunkel, Associate Principal



January 8, 2012

Dear Parents,

Batesville Primary School, Southeastern Indiana YMCA, and Margaret Mary Community Hospital are joining together to help promote physical activity and nutrition. We're inviting you to join us for a five-week challenge to kick off the New Year by making your household a healthier one. Not only will this provide great family bonding, but it will also instill habits in your children that will help them prevent obesity and sedentary related conditions in their futures.

This program is called **Family Fitness Nights** and runs for five weeks. The YMCA and Batesville Primary School will be providing a family friendly workout once a week on Tuesday nights from 6:30 to 7:30 p.m. beginning January 24, 2012. The goal of these five workouts is to get your heart rate up, have fun and hopefully give you some new ideas to take home.

- January 24<sup>th</sup> Stations Night – Michael McKinney - activities will include: stretching aerobics, feather balancing, jump rope, parachute, ladders & dot drills
- January 31<sup>st</sup> Yoga (this evening will only last for 30 minutes)
- February 7<sup>th</sup> Zumba & “Family Meal Time” –quick & healthy dinners w/Kathy Cooley
- February 14<sup>th</sup> Heart Maze
- February 21<sup>st</sup> Tae Kwon Do

This five-week program is completely free and full of fun. **Please fill out the attached registration form and have your child return it to his/her teacher by Monday, January 16.** You must have at least one child enrolled at BPS to participate; however, if you have other children in your family, they may participate with you as a family as long as they are at least 3 years of age.

If school is closed for a snow day Family Fitness Night will be canceled for that week!

If you have any questions, please feel free to contact me. I look forward to seeing you at the Family Fitness Nights at BPS on Tuesdays, January 24, January 31, Feb. 7, Feb. 14 and Feb. 21.

Sincerely,

Melissa Burton, BPS Principal

[mburton@batesville.k12.in.us](mailto:mburton@batesville.k12.in.us)

812-934-4509

# Family Fitness Program Registration/Consent Form

Please fill out the information below for each member of your family who will be participating in the Family Fitness Nights program. The signature box verifies that you agree to the consent form below. Please return to your child's teacher by Monday, January 16, 2012.

## INFORMED CONSENT FORM

I am aware that participating in physical activities (i.e. gymnastics, sports, weight lifting, dance, karate, aerobics, etc.) is potentially hazardous. I assume all risks associated with participation in all YMCA and BPS activities, including but not limited to falls, contact with other participants, the effects of the weather, traffic, and other reasonable risk conditions associated with the activity. All such risks to myself are known and understood by me.

I hereby authorize the staff of the SIY and BPS to act for me according to their best judgment in any emergency requiring medical attention, and I hereby waive the release the SIY and BPS from any and all liability for any injuries or illness incurred.

Name	Age	Participant's Signature or guardian if under 18 years of age

Contact e-mail address: \_\_\_\_\_  
 (will be used to send updates & reminders only)

\_\_\_\_\_ Please check here if you DO NOT have access to the Internet and will need to be contacted by phone.

Phone Number \_\_\_\_\_