



STAY FIT KIDS!

Free Summer Program Ages 3-12

Hey kids, if you're looking for a fun way to stay active this summer then check out this program! You must complete each of four components: fitness, outdoor fun, nutrition, and good deeds. Once you have completed the checklist, turn it in to the front desk and you will receive a free day pass to the Renaud Spirit Center OR Alligator's Creek! Attached is a log sheet that needs to be used and turned in to track your day to day activities. Children are eligible for two day passes per month. For more information and (download the checklist) visit us at www.renaudspiritcenter.com or contact the Renaud Spirit Center at (636) 474-2REC.

All four components must be completed in two weeks! Please fill all sections below and turn in completed checklist in order to get your free day pass to Alligator's Creek or the Renaud Spirit Center. Remember summer is a great time to Stay Fit Kids!

____/____/____ to ____/____/____
Start date End date

Participant Name Age



<p>FITNESS: ✓</p> <ul style="list-style-type: none"> • Bike ride for 1hr _____ • 50 sit-ups _____ • Push-ups _____ • Run/walk for 1hr _____ 	<p>OUTDOOR FUN: ✓ (2 hours must be completed in a park)</p> <ul style="list-style-type: none"> • _____ • _____ • _____
<p>GOOD DEEDS: ✓ (Two good deeds must be completed)</p> <ul style="list-style-type: none"> • _____ • _____ • _____ 	<p>NUTRITION: ✓</p> <ul style="list-style-type: none"> • Drink at least 12 oz. of water daily _____ • Eat at least one fruit daily _____ • Eat at least one vegetable daily _____

Ages 3-12 can participate anytime between Memorial Day—Labor Day.

