



Penn Trafford Healthy Kids Program

Get your child on the road to an active and healthy life by enrolling them in the Healthy Kids Program by Jump Start Sports! The program includes:

- An award-winning curriculum utilizing creative puppets, books, and videos to teach nutrition, hydration, and overall body health
- An introduction to a wide variety of sports
- A fun fitness program designed to help children enjoy and see the value of exercise
- Each child receives a fitness watch that measures steps, distance traveled, and calories burned



WHERE:

- Sunrise Elementary School (with busing available from Level Green Elementary School and Trafford Elementary School)
- Penn Middle School (children from McCullough Elementary School and Harrison Park Elementary School will be escorted to Penn Middle School)

WHEN: Mondays, right after school until 4:30 p.m. from September 18th until October 23rd

FEE: \$64. There is no additional fee for Children participating in the Penn Trafford After School Program.

Register through Penn Trafford Area Recreation Commission at www.PTARC.org

For more information, contact Jed Whisler at JWhisler@JumpStartSports.com or call 724-504-2863