

**JOE ACCIARDO'S F.A.S.T.**  
**FITNESS AND SPORTS TRAINING**

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**AFTER SCHOOL FITNESS PROGRAM**

- **WHO**- ANY STUDENT IN GRADES 1 THRU 5 INTERESTED IN EXERCISING WHILE HAVING FUN
- **WHAT**- OUR AFTER SCHOOL FITNESS PROGRAM IS DESIGNED TO HELP CHILDREN OF ANY FITNESS LEVEL IMPROVE IN AREAS SUCH AS FLEXIBILITY, STRENGTH, AND CONDITIONING.
- **WHEN**- OUR START DATE IS WEDNESDAY, JANUARY 22ND AND WILL CONTINUE FOR 7 WEEKS, CLASSES RUN AFTER SCHOOL UNTIL 4:25 P.M.
- **WHERE**: WINSOR GYMNASIUM
- **WHY**: IT'S HEALTHY! IT'S FUN!! IT'S **NOT** VIDEO GAMES!!!  
*Cost- \$55 for 7 weeks. Space is limited. Financial assistance will be provided as needed on a lottery basis. Call Me Please*

Name \_\_\_\_\_ Grade \_\_\_\_\_

Parent/guardian \_\_\_\_\_ cell \_\_\_\_\_

\_\_\_\_\_ cell \_\_\_\_\_

Parent/guardian Email \_\_\_\_\_

Email \_\_\_\_\_

Emergency contact \_\_\_\_\_

\*please make checks payable to Joe Acciaro FAST Sports and delivered to the Main Office.

Feel free to contact me with any questions [COACHACCIARDO@GMAIL.COM](mailto:COACHACCIARDO@GMAIL.COM) or 4014134692

NOW EVEN EASIER SIGN UP AND PAY ONLINE AT [WWW.COACHACCIARDO.COM](http://WWW.COACHACCIARDO.COM)