

**Application for Enrolment**

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

Age: \_\_\_\_ D.O.B.: \_\_\_\_/\_\_\_\_/\_\_\_\_ M/F: \_\_\_\_

I wish to enrol my child in the **Stretch-n-Grow Fitness Programme** being conducted at:

\_\_\_\_\_ (Child Care or Recreational Facility)

I understand that **Stretch-n-Grow** is a voluntary enrichment programme. I agree to pay for my child's participation regardless of absences.

- Occasionally, photographs or videos of various classes are used for local and national marketing purposes. If you **do not** want your child's photograph/video used, please check here. (Note: Names are not disclosed without specific parental permission.)
- If your child has any injuries or health conditions, which may limit participation, please check here.

\_\_\_\_\_  
Description of Health Conditions or Injuries

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Parent/Guardian Printed Name

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

Telephone: \_\_\_\_\_

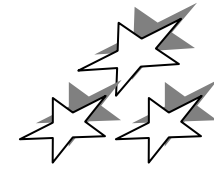
Email: \_\_\_\_\_

Monthly Fee: \$26 –  
Term Fee: (10 classes): \$60  
Fees are payable in advance of participation

**Kids need to  
Stretch-n-Grow!**  
Here's what the Experts Say:

- ☆ One in three New Zealand Children is overweight.
- ☆ New Zealand children have been identified as a high risk group, which should be targeted for prevention of obesity through increased exercise and improved food choices.
- ☆ Obesity is the fastest growing disease of the new millennium, and it has been declared a global epidemic by the World Health Organisation.
- ☆ Obesity is a family issue; the longer we ignore it the greater the price the next generation will pay.
- ☆ Kids love to Stretch-n-Grow!

For enrolments or additional information, contact:  
David and Melissa Bowen  
Ph: (09) 631 5569 Mobile: 021 333 879  
Private Bag MBE M366, Auckland, NZ



**Fabulously  
Fun  
Fitness**

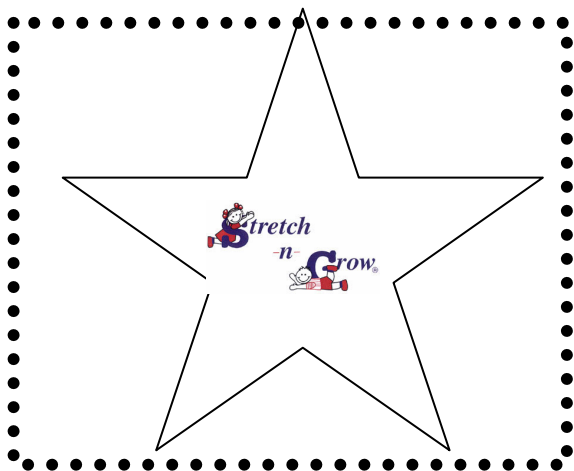
that's

**Exerciting!**



The Fabulously Fun Fitness Programme

The Stretch-n-Grow fitness programme is designed to promote exercise and wellness for pre-schoolers. The programme supports parents and caregivers with developing good health and fitness habits in young children. Classes are taught in childcare centres and community based education centres by qualified Stretch-n-Grow instructors (coaches).



Each week Stretch-n-Grow "Stars" participate in a 45-minute session which includes exercise, activities that improve motor-development skills, and a discussion about a health related issue such as nutrition, rest, hygiene and safety. Stars have lots of fun while they exercise and learn good health habits.

## Stretch-n-Grow Programme Highlights

- ☆ Variety in exercise and instructional activities maintains your child's enthusiasm.
- ☆ Children learn how much fun it is to exercise while learning the fundamentals of; warm-up, stretching, endurance, aerobics and cool-down.
- ☆ The warm-up routine is done to a story line, which encourages creativity and imagination.
- ☆ Crossover exercises are used to stimulate activity on both sides of the brain.
- ☆ Activities are designed to encourage teamwork, spatial awareness and motor development skills including balance and co-ordination.
- ☆ Basic academic skills such as counting, alphabet and identification of colours are included in the games.
- ☆ The programme is especially designed to build upon self-esteem and confidence in young children.

The premier fitness programme for pre-schoolers; **Stretch-n-Grow** teaches New Zealand children the fundamental skills they need to develop good general health, a positive self image and confidence in their physical abilities.

**Stretch-n-Grow** is affordable. For a low monthly fee your child will learn skills that will positively influence his or her in everyday life. The cost is minimal...but the benefits are great.



**We stretch, stretch and grow!**

**Its good for us we know!**

**We exercise, eat healthy and wise  
and we**

**Stretch, Stretch and grow!!!**