

# Ladera - After School Run For Fun



**RUN FASTER, REACT QUICKER, CHANGE DIRECTIONS EASILY**

## SPEED & AGILITY TRAINING

Run for Fun was created by a 5 time Wimbledon tennis player to help young athletes learn the skills they need to excel in baseball, soccer, basketball, tennis, volleyball, lacrosse, track and football. The ability to start moving with a burst of speed, stop, change directions and cut corners is imperative to be successful in any sport requiring movement.

*Our coaches utilize agility ladders, age appropriate running games, footwork drills and obstacle courses to help kids improve their physical fitness, speed, coordination, balance, reactions, agility & explosiveness.*

## Grades 1-5

**8 Wednesdays: 1:35pm-2:35pm**

**January 4 - February 22**

**Run for Fun is great for aspiring athletes and kids just wanting to have fun!**

**Questions:** email: [kassirerrunforfun@gmail.com](mailto:kassirerrunforfun@gmail.com) or call: 818-644-0257

**Sign-up by December 20, 2011-Space is Limited**  
**Classes filled on a 1<sup>st</sup> come, 1<sup>st</sup> serve basis**

*Session fee: \$110 per child includes 8 classes. Make checks payable to Kassirer*  
**TO SIGN-UP: TURN THIS FORM AND YOUR CHECK IN TO THE SCHOOL OFFICE**

Student Name \_\_\_\_\_ Teacher \_\_\_\_\_ DOB \_\_\_\_\_ Grade \_\_\_\_\_

Ladera Winter Run for Fun-8 Wednesdays Home Phone \_\_\_\_\_ Cell \_\_\_\_\_

Home Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Parent Email \_\_\_\_\_

**How will your child leave class?** *picked up by parent \* go to school day care \* walk home \* other* \_\_\_\_\_

*My child has permission to participate in After School Run for Fun. I assume all risks and agree to defend, indemnify, and hold harmless Tustin USD, Ladera, Youth League Tennis, Kassirer After School agents, supervisors, coaches, administrators, agents & staff from and against any and all loss, liability charges, actions, claims, injuries, suits, and expenses (including attorneys fees) and cost which may arise by reason of participation in After School Run for Fun. There are no refunds after the 1<sup>st</sup> class for any reason.*

Print Parent Name \_\_\_\_\_ Parent Signature \_\_\_\_\_ Date \_\_\_\_\_