

Sailing Fitness Exercise Class for Kids

Sailing Fitness will focus on core, strength, power, and cardio vascular conditioning. This fun-focused exercise class will teach kids the basics about exercise, proper technique, and balancing land-based conditioning with on-the-water training. The class will combine games and fitness to enlighten kids to the joy of exercise. It will enhance kids’ experience on the water and in their sailing classes by giving them physical strength and self-confidence. Get those endorphins flowing!

Co-owners of Balance RI, Jason and Patrick Viera, will lead two classes a week, each 45 minutes long. Tuesday’s class is for teens 13 and older, Thursday’s class will be for kids 8-12. Classes will take place on the lawn of CYC twice a week for eight weeks from 4:30pm-5:15 pm. Classes are **\$12 each. Sign-up by filling out the form below indicating which class(es) your child will attend and a medical release.** Classes are geared towards specific ages, thus age limits will be enforced. Classes cancelled due to weather will either be re-scheduled or refunded. Payment is due at the time of registration.

About Balance RI: Balance sport and fitness is a Jamestown, RI based fitness and training program managed by Jason Vieira, BS, CSCS. Jason earned his bachelor of science in kinesiology from the University of Rhode Island and is a national strength and conditioning (NSCA) certified strength and conditioning specialist (CSCS). For more information about Jason and Patrick, visit the Balance RI website: www.balanceri.com
Any questions or concerns please contact, Meg Myles at mgaillard@aol.com.

Tuesday’s Teen Fitness Class, 4:30-5:15: (circle dates)

June 22 nd	June 29 th	July 6 th	July 13 th
July 20 th	July 27 th	August 3 rd	August 10 th

_____ # of classes x \$12 = Total

Thursday Fitness Class, 4:30 – 5:15: (circle dates)

June 24 th	July 1 st	July 8 th	July 15 th
July 22 nd	July 29 th	August 5 th	August 12 th

Checks should be made payable to: Balance RI, but mailed to CYC, PO Box 257 | Jamestown, R.I. 02835