



# TFW AFTER-SCHOOL WORKOUT PROGRAM

**COST IS \$249 — PER 8 WEEK PROGRAM\***

## Join Us for a Fun After School Workout 2nd—6th Grade BOYS & GIRLS @ PIA!

Training For Warriors (TFW) after-school program encompasses signature warm-ups, speed training, strength training, endurance training, flexibility work, nutrition education and games specifically for kids in an outdoor setting.

TFW helps improve confidence and self esteem while having fun! Each class will be 1-hour in length and there will be a total of 16 classes in the session.



## Training for Warriors Registration Form

Select After-school workout sessions (Tues/Fri, 2:30-3:30 pm):

**Session 1**  
Aug 23 - Oct 14

**Session 2**  
Oct 18 - Dec 16  
\*No class: 11/11,  
11/25

**Session 3**  
Jan 18 - Mar 7

**Session 4**  
Jan 21 - May 12  
\*No class 4/7

Parent's Name: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Parent's Email: \_\_\_\_\_ Child's Name: \_\_\_\_\_

Teacher: \_\_\_\_\_ Grade: \_\_\_\_\_

Emergency Contact Name and Cell Phone: \_\_\_\_\_

My Child's Medical Concerns: \_\_\_\_\_

TOTAL ENCLOSED:

\$

Payment due by August 8<sup>th</sup>  
(Please mail form and do not drop off at school)

- Make checks payable to TFW PVB
- **Drop off form at PIA front office or mail to:** Phil Squatrito, 402 Mahi Drive, Ponte Vedra, FL. 32081
- **Questions?** Reach out to Phil Squatrito at (973) 723-7388