



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 @ PVA!

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/Thurs, 3:15-4:15 pm):

Session 1
Aug 23 - Oct 13

Session 2
Oct 18 - Dec 15
*No class 11/24

Session 3
Jan 17 - Mar 9

Session 4
Jan 21 - May 11

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 8th
(Please mail form and do not drop off at school)

- **Checks:** Make payable to TFW PVB and mail to Phil Squatrito, 402 Mahi Drive, Ponte Vedra, FL. 32081
- **VENMO:** @phil-squatrito
- **Questions?** Reach out to Phil Squatrito at (973) 723-7388