



PRE-SEASON DANCE CLINICS

Sunday August 14th

K – 2nd grade

2:00-3:15 P.M.

Sunday August 14th

3rd – 6th grade

3:30-5:00 P.M.

Wednesday August 17th

7th – 12th grade

6:00-7:45 P.M.

\$10/participant

SUNDAY - Drop off/pick up at the FFTK back gymnasium door (look for the Flyers sign).

WEDNESDAY – Enter using the main FFTK fitness center entrance. Clinic will be upstairs.

During the K-2nd and 3rd-5th grade clinics, parents are encouraged to come in the gym to watch the last 10 minutes of the clinic. Material learned will be demonstrated.

Participants will learn a fun dance & will work on skills like kicks, turns, & jumps. A fun warm-up & dance-specific conditioning will be included. Beginners & seasoned dancers welcome!

**** All participants should wear comfortable workout clothes and clean sneakers with traction.*

**** Please bring a labeled water bottle and encourage a trip to the restroom prior to the start of the clinic.*

Clinic participants do *not* have to be a part of the Flyers program. This is however, a great opportunity to learn more about Flyers and give it a try before the next season begins. This clinic is also a chance for returning Flyers to get excited about the upcoming season & brush up on skills!

Information packets for the 2022-23 Flyers season will be available at the clinic and on-line at www.fitforthe king.com or email fftkflyers@yahoo.com and a packet will be sent to you.

The next 7-month Flyers season will run from September-March. Teams are available for girls Preschool-12th grade.

OPTIONS TO REGISTER:

1. Return bottom portion of this form & \$10 fee to the FFTK front desk during staffed business hours (M-F 7am-7pm / Sat 7-11am). Cash or Check accepted.
2. Email completed form to fftkflyers@yahoo.com. \$10 can be sent via Venmo to @Heather-Foy-8

Questions? Email Heather Foy – fftkflyers@yahoo.com or call/text 812.701.2579.

Clinic walk-ups are welcome, but we encourage you to register early since space is limited.

Name _____ Grade 2022-23 yr. _____

Parent Name _____ Email _____

Phone # _____

I give my child permission to participate in the 2022 Flyers summer dance clinic. I agree not to hold Fit For The King Fitness Center, Heather Foy, or dance clinic instructors responsible for injuries.

Parent Signature _____