

# Sweet Pea Fitness

**ONSITE!**

*Dance & Gymnastics Enrichment*

**CONTACT:**

Mandy Elrod

330-592-3580

sweetpeafitness@gmail.com

sweetpeafitness.com

**WINTER/SPRING  
SEMESTER 2023**

**Winter/Spring DANCE class:**

*Every Thursday\*: January 5-May 18*

- 19 weeks + video performance TBA. \*No class March 9.

It's never too early to expose children to music and movement. Children love to move, pretend and create! We use these natural tendencies to gently introduce them to the world of dance. Our technique is based on the concept of Creative Dance and includes the Brain Dance. Children will learn stretching, large motor skills, pre-ballet and tap exercises, movement concepts and across the floor steps. Your child will develop self-expression, imagination, rhythm, confidence and poise.



*Munroe Falls*

*Small Steps Big Strides*

**NOTE NEW  
CLASS DAYS!**



**Winter/Spring GYMNASTICS class:**

*Every Monday\*: January 9-May 22*

- 19 weeks + video performance TBA. \*No class March 6.

At the basic level, gymnastics is about developing physical fitness, agility, strength and flexibility. It is also FUN and will support your child's cognitive development (listening and following directions) and life skills (self-confidence, teamwork, responsibility, friendship and sportsmanship). Class includes stretching, strengthening, tumbling, vaulting, bar and balance beam. Nurturing the love of movement and motor skill development at an early age can help promote continued participation in physical activity and sports.

**35 minute classes are for girls and boys ages 2-5, during school hours. Enroll at anytime!  
Activities are presented in a FUN and SAFE manner, keeping with the current trends in our industry.**

**PAYMENT: Pay for the entire Winter/Spring Semester: \$275 for one class or \$525 for both.**

**OR make Monthly tuition payments: \$55 for one class or \$105 for both.**

Monthly payments due promptly Jan. 1, Feb. 1, Mar. 1, Apr. 1 and May 1.

Pay by: Cash, Venmo@Amanda-Elrod-8, Zelle@3305923580, or Check payable to Sweet Pea Fitness. **THANK YOU!**



**Enrollment Slip for Sweet Pea Fitness:** Check box:  GYMNASTICS  DANCE

Student: \_\_\_\_\_ Birthday: \_\_\_\_\_ Phone: \_\_\_\_\_

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

I understand that enrolling my child in Sweet Pea Fitness is voluntary and agree to pay tuition: Tuition is \$275 for one class or \$525 for both, regardless of absences. **\*\* \_\_\_\_\_ Parent Signature**

I understand that any physical activity carries the risk of physical harm. On behalf of myself and my minor child, I assume the risk, that my child could suffer injury as a result of participation in dance or gymnastics class. I hereby release Sweet Pea Fitness, LLC, it's owner and it's employees from any liability arising out of injuries to my child in the event of accident or injury.

**\*\* \_\_\_\_\_ Parent Signature**

Please list any medical conditions: \_\_\_\_\_

**Munroe Falls WINTER/SPRING 2023**

OK to photograph? Yes  No