



Youth Fitness Program

Teaching kids to be strong...inside and out

I'm on a mission. *I believe in the power to transform our bodies, our minds and our lives by developing simple, healthy habits. As adults, we often spend years undoing the damage of years and years of unproductive habits. Young adults, however, are a blank slate for growth. It is my mission to educate our youth on how to live a healthy life...inside and out.*

- ✓ Age-appropriate workouts
- ✓ How to control and sustain your energy level throughout the school day and beyond
- ✓ Reading nutritional labels and understanding how food is our fuel
 - ✓ The health benefits of a positive mind
 - ✓ How to continue a fitness journey at home

Empower© is more than a club.

It's the stepping stone to a healthy, strong and EMPOWERED life.

Empower© meets Monday and Wednesday mornings from 7:00-8:00am in the gym.

Please see next pages for pricing and registration info.



For Questions on Empower© please contact: Slotnick.Rachel@Franklin-Academy.org



Pricing

Session 1: \$80/month (\$240 for entire 3 month session):

Every Monday and Wednesday morning from 7:00-8:00am in

September

October

November

Session 2: \$75/month (\$225 for entire 3 month session):

Every Monday and Wednesday morning from 7:00-8:00am in

December

January

February

Session 3 \$80/month (\$240 for entire 3 month session):

Every Monday and Wednesday morning from 7:00-8:00am in

March

April

May

Registration for Empower® is by session (not by month). Sessions may be paid for at once or on payment plan, made on a one-on-one basis (please email Ms. Slotnick for details). Discounts are given for registering for multiple sessions (see below). Registration minimum is 10 participants.

Maximum is 25. *Register early to reserve your spot.* You will be notified if/when all spots are filled, *on a first-come-first-served basis.*

Discounts for multiple sessions:

Sessions 1 & 2: Regularly \$465--Discount (total two sessions): **\$415**

Sessions 2 & 3: Regularly \$465--Discount (total two sessions): **\$415**

Sessions 1 & 3: Regularly \$480--Discount (total two sessions): **\$430**

Sessions 1, 2 & 3: Regularly \$705--Discount (total THREE sessions (all school year)): **\$625**

For Questions on Empower® please contact: Slotnick.Rachel@Franklin-Academy.org



Youth Fitness Program

So what is Empower®?

Each session of Empower® is divided into two parts: mental and physical.

In the physical portion, students will learn proper exercises that can be performed both at school and on their own at home, without a gym: push-ups, pull-ups, curls, squats, lunges, ab workouts and more.

The mental section ranges from topics on health and nutrition to the power of the mind.

Topics covered include:

- ✓ How to have a healthy relationship with food by viewing it as fuel, not as a reward or punishment as the pressures of high school approach
- ✓ How different food groups fuel our body and why they're all important
- ✓ The two simple things you can change in your life to have 10x your normal energy level
- ✓ How to read nutrition labels and what they tell us
- ✓ What it truly means to think positively and how this affects our brains and bodies on a chemical level
- ✓ How movement affects everything from our mood to our energy level
- ✓ The power of habits to form who we are as individuals and what we can do to take control of them

Empower® is designed to build a foundation for a strong, successful, engaged, passionate and EMPOWERED life for every student involved. With the skills learned in Empower®, students will have the tools they need to be leaders and demonstrate strength...inside and out.



FAQs

What should my child wear and bring for Empower©?

Students may wear any school appropriate gym clothes (does not need to be PE uniform). Shorts, a t-shirt and sneakers are encouraged. Water (better than sports drinks), a towel and deodorant are encouraged. They should of course make sure they have their school uniform to change into after the session.

Won't my child be sweaty for class?

As with PE class, students will have full access to the locker rooms after each Empower© session. Students are encouraged to bring a towel to wipe off, deodorant and any spray they would typically apply to freshen up after PE class.

My child is on the fence about it. Can he/she try it out?

Yes! Students are welcome and encouraged to check out the first Empower© meeting on Monday, Sept. 4th without obligation or pressure. They may participate (attached proof of insurance/waiver required-see pg. 7) or simply watch and see what it's all about. I'm confident that once they see it their fears will be put to rest and they'll be nothing but excited and motivated to get started!

I can't pay the full 3-session amount at once. Can I still participate?

Absolutely! Please email Ms. Slotnick (below) to work out a payment plan that works for you. My goal is to make Empower© feasible for every student, regardless of income.

What if a session reaches the 25 participant max before I register?

Due to the max capacity, early registration is encouraged, hence the multi-session discount. If registration has closed, you will be added to a wait list on a first-come-first-served basis for that session and also added to the next session, if you so choose.

My child is scared it will be too hard!

Empower© is tailored to students of all levels, from those who spend the majority of their down time playing video games to those who participate in sports. They will be pushed to work hard...but never to a point of being unsafe. If your child is scared, encourage them! Pushing ourselves beyond our comfort zone is how we grow.



Registration

Student Name

Student Grade (Middle School: 6th, 7th, 8th only)

Homeroom Teacher

Parent Name

Parent Email (Please write legibly)

Parent Phone

Student Shirt Size (iUniform)

I am registering for the following session(s):

____ **MULTIPLE SESSION DISCOUNT-Sessions 1 & 2: \$415 Registration due Sept. 4th (first club meeting)**

Monday and Wednesday mornings from 7:00am-8:00am

in SEPTEMBER, OCTOBER, NOVEMBER, DECEMBER, JANUARY, FEBRAURY

____ **MULTIPLE SESSION DISCOUNT-Sessions 2 & 3: \$415 Registration due December. 4th (first club meeting)**

Monday and Wednesday mornings from 7:00am-8:00am

in DECEMBER, JANUARY, FEBRUARY, MARCH, APRIL, MAY

____ **MULTIPLE SESSION DISCOUNT-Sessions 1 & 3: \$430 Registration due Sept. 4th (first club meeting)**

Monday and Wednesday mornings from 7:00am-8:00am

in SEPTEMBER, OCTOBER, NOVEMBER, MARCH, APRIL, MAY

____ **MULTIPLE SESSION DISCOUNT-Sessions 1, 2 3: \$625 Registration due Sept. 4th (first club meeting)**

Monday and Wednesday mornings from 7:00am-8:00am

ALL SCHOOL YEAR

____ **Session 1: \$240 Registration due Sept. 4th (first club meeting)**

Monday and Wednesday mornings from 7:00am-8:00am in

SEPTEMBER, OCTOBER, NOVEMBER

____ **Session 2: \$225 Registration due December. 4th (first club meeting)**

Monday and Wednesday mornings from 7:00am-8:00am in

DECEMBER, JANUARY, FEBRUARY

____ **Session 3: \$240 Registration due March 5th (first club meeting)**

Monday and Wednesday mornings from 7:00am-8:00am in

MARCH, APRIL, MAY

Please return the above registration form, along with a check or money order made out to Franklin Academy Boynton Beach with Empower and your child's name in the memo line by the due date listed above.

If a payment plan is needed, please email Ms. Slotnick: Slotnick.Rachel@Franklin-Academy.org to make arrangements on an individual basis.

Clubs payments are by check or money order only (not online) and must include your child's name, homeroom & club name in the memo line. Club payments are due by the 20th of the prior month unless otherwise noted. Payments made after the deadline will not be accepted. If registering for multiple clubs, each club must be paid for with a separate check.



Empower[®]

Youth Fitness Program

Liability Waiver and Proof of Insurance

I, _____ (Parent or Guardian), hereby grant permission for my son/daughter

_____, to participate in the Empower[®] Fitness for (Pre)Teens Fitness Program.

My son/daughter has been examined by a physician and is physically qualified to participate in the fitness program.

I authorize the school to obtain, through a physician of its own choice, any emergency medical care that may become reasonably necessary for my child as a result of club participation.

We have accident insurance with _____ (Name of Insurance Company) which will cover my son/daughter in the event of an injury as required by School Board Policy #5304. I will assume responsibility for payment of doctor and hospital bills for treatment of any injury my son/daughter might suffer while participating in athletic activities. If any change occurs in this policy, it is the responsibility of the parent to notify the School Principal or Athletic Director.

A photocopy of the front of the insurer's policy card must be attached.

(Signed) _____ Date: _____
(Parent/Guardian)