

NINJA CONDITIONING

Comes to Woodland!

Mother & Son Event

Friday, November 8, 630-830pm

Woodland Gym

Snacks provided, but please bring your own water bottle!

No prior Ninja experience necessary!

Ever wonder what the Requirements are to become a Ninja:

- Be Fast
- Be Strong
- Be Agile
- Use Teamwork

We will start with a simple game and rotate through 4 skill stations. Moms are encouraged to participate with their son(s) on the task and interact through the movements!



Payment can be cash, checks made out to Woodland Home & School or with PayPal via the H&S tab on Woodland's website (<https://www.methacton.org/Page/18941>).

Send bottom portion of this form and payment with attached waiver to Karen Matthews C/O Mother/Son Event. \$10.00 for mother and son(s).

Karen.X.Matthews@gsk.com or (484)645-6491 for questions/concerns

*Kids programs at THE GYM & CrossFit Alcides encourages kids to get active and have fun with movement!
Establish self confidence in a motivating environment that promotes everyone's abilities.*



Reserve Your Spot- please return form by October 25th, 2019

Student's Name: _____ Teacher: _____

Adult Name: _____ Grade: _____

Payment enclosed: _____ Paid through PayPal: _____