

# After School H.I.I.T. for 4th and 5th Graders (High Intensity Interval Training)

Join us, after school, for a high energy strength and cardio workout that will enhance endurance and coordination.

High Intensity Interval Training is a training technique in which you give all out 100% effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up.

Each participant sets their own limits and goals and tries to achieve personal progress. This will be done in a safe and supportive manner.

We will be meeting in the auditorium at Nativity. We will implement exercises using our own body weight. (i.e. burpees, squats, lunges, push ups etc.) We will also be using these skills to have friendly competition with games such as crab walk races, frog jump races, and various team building actives.

Most importantly, we will have fun doing this by using lively music and incentives to keep us moving.

Everyone is required to bring a water bottle. Please come dressed to sweat!

The first session dates are: February 8, 22, and March 1st. Each class will run 45 minutes from 2:45-3:30. **We are limiting the groups to 20 students.**

Cost is \$30 dollars for this session. Checks can be made payable to Tascha Bartsh.

Classes will be taught by Tascha Bartsh and Brittany Runyon. If you have any questions please contact Tascha at [neielle@yahoo.com](mailto:neielle@yahoo.com)

Name: \_\_\_\_\_ Homeroom: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Email: \_\_\_\_\_

Grade: \_\_\_\_\_ Allergies: \_\_\_\_\_