



MARCH 20TH – MAY 15TH 2018
TUESDAYS & WEDNESDAYS
(NO CLASS DURING SPRING BREAK 3/29-4/6)
LMS MAIN GYM
3:00PM – 4:00PM
KIDS ON THE MOVE

Program reinforces healthy exercise-based habits for 5th and 6th graders. Kids meet biweekly for 8 weeks and participate in different training activities like functional, circuit, and teambuilding training while also developing essential resiliency skills

All participants receive a free Kids on the Move T-shirt.

Program made possible by the Montgomery Township Health Department, Montgomery-Rocky Hill Youth Services Commission and Somerset County Board of Chosen Freeholders.

To register online, go to <http://health.montgomery.nj.us/kom/>

OR

COST: FREE

PARENT PERMISSION SLIP

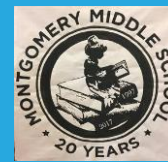
Name of Child: _____

Homeroom Teacher/Rm.#: _____

Parent Email: _____

Parent Signature: _____

Hand in to the LMS Main Office by Friday, March 16.



Montgomery Township
 Lower
 Middle School

Get active and have
 fun with friends!

15 Sessions

Deadline to Register
 March 16, 2018

For more information, contact
 Devangi Patel
 (908) 533-9331
 dpatel@twp.montgomery.nj.us



**MONTGOMERY TOWNSHIP
 HEALTH DEPARTMENT**



**MONTGOMERY-ROCKY HILL
 MUNICIPAL ALLIANCE**

www.health.twp.montgomery.nj.us