

Training For Warriors Afterschool Workout Program



Join us for a fun afterschool workout!

TFW's afterschool program encompasses signature warmups, speed training, strength training, endurance training, flexibility work, nutrition education and games specifically for **kids** in an outdoor setting.

TFW helps improve confidence and self esteem while having fun!

Each class will be one hour in length and there will be a total of 16 classes in the session.

Cost is \$249 per child per session

In the event of closure, all sessions purchased will be prorated.



TFW Registration Form

Mail or email to philsquatrito@gmail.com by Tuesday, February 2nd

Parent's Name: _____ Cell Phone: _____

Child's Name: _____ Gr: _____ Teacher: _____

Emergency Contact's Name and Cell Phone: _____

My child's medical concerns: _____

Check the box to indicate you are signing up for the session below.

2nd – 5th Grade **BOYS & GIRLS** Tue & Thurs 3-4pm 2/9/21-4/8/21 (no class 3/16 & 3/18)

Total Enclosed: \$ _____

Make checks payable to TFW PVB
Mail form to:
Phil Squatrito
402 Mahi Drive, PV, FL 32081

Questions?
Reach out to Phil Squatrito
973-723-7388
www.tfwpontvedrabeach.com