

Call for Mentors, Helpers and Community Volunteers:

March 22 to May 26

Tuesday/Thursday's

2:15–3:15pm Prep

3:15–4:15pm Meet

Help Kids **Get Fit** and **Choose Healthy** with your Help as a **Friendly Mentor**



Rightturn.Club
MENTOR LED FITNESS

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A Program of Kiwanis
Club of Amador County

Volunteer for Rightturn.Club – A 10 Week After School Running Club

The Need To Make A Right Turn

- ▶ Ready to give back to your community? Have some free time for the 10 weeks mentioned above?
- ▶ We are the choices we make. Help kids be more active and make better choices with your help as a mentor.
- ▶ It's time to do what's right. Right now. Our first club will be at Sutter Creek Elementary School.

Rightturn.Club Is...

- ▶ ...a fitness program focused on kids who want to get fit and make better food choices with the help of a Mentor.
- ▶ ...3-5 kids meet with Mentors (teens and adults from the community) after school, twice a week for 10 weeks.
- ▶ ...where you will give a short chat on health and fitness. A card will have all info you need.
- ▶ ...a way for kids to get fit and earn points for bags of groceries, shoes, hats, shirts and even bikes.
- ▶ ...also a place where others also, besides Mentors can join in and help make snakes, take roll, assist where needed.

What Happens at a Rightturn.Club Meeting?

- ▶ ON YOUR MARK: Kids check in and meet their Mentor.
- ▶ GET SET: Each lesson has a theme, like Sugar Madness. The Mentor asks a question and then shares a few facts.
- ▶ RTC AEROBICS: Everyone warms up, and moves! A dance is learned or a game is played.
- ▶ Kids and Mentors run together on a set course. They run, they walk, everyone gets stronger and faster.
- ▶ Kids and Mentors eat a healthy snack and drink together and record their activities in a journal. They earn points.

How to Volunteer in Rightturn.Club

- ▶ Fill out the Mentor Application Form
- ▶ Don't delay. You will be required to do a fingerprint scan, a TB test and Mentor Training before meeting the kids.
- ▶ Other volunteers are needed. Contact Thomas Moraitis (information above) for details.
- ▶ All volunteers are welcome, regardless of size, shape or degree of fitness.
- ▶ Volunteer TODAY!