

Note to Sutter Creek Elementary School Parents:

March 22 to May 26

Tues. and Thurs.

2:15–3:15pm Prep

3:15–4:15pm Meet

Help Your child **Get Fit** and **Choose Healthy** with the Help of a **Friendly Mentor**



Rightturn.Club
MENTOR LED FITNESS

Thomas Moraitis
Founder/Creative Director
E Thomas@Rightturn.Club
M 805.509.0661
F Rightturn.Club
PO Box 1853
Sutter Creek, CA 95685

Enroll them in Rightturn.Club – A 10 Week After School Running Club

The Need To Make A Right Turn

- ▶ Is your child over eating? Are they less active than you were, when you were their age?
- ▶ We are the choices we make. Your child may need our help in order to make better choices.
- ▶ It's time to do what's right. Right now.

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 your child will hear a short chat on health and fitness. The Mentor leads the discussion with the kids.
- ▶ ...a way for kids to get fit and earn points for bags of groceries, shoes, hats, shirts and even bikes.
- ▶ ...also a place where parents can join in or come to Parents Night to hear about family fitness and health.

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 Enroll Your Child in Rightturn.Club

- ▶ Fill out attached the Student Information Form
- ▶ First come first served. Don't delay. Each form will receive a priority number. We will try to accommodate everyone.
- ▶ Volunteer as a helper or Mentor. Contact Thomas Moraitis (information above) for an application.
- ▶ Come to Parents Night with your child to show your support.
- ▶ Make some better choices when it comes to meal preparation and family activities. Eat smaller portions and take walks.
- ▶ Does your child need a ride home? Have special needs? Let us know. Enroll TODAY!



A Program of Kiwanis
Club of Amador County