



SHEPHERDS FLOCK

students in

1st-4th Grade

SEPT 13, 20, 27 & OCT 4

2:00-3:30 PM - classes held on the campus of St Vincent de Paul



WHY? Using physical activity and powerful nutrition to build and support self-esteem, develop character and nurture the Divine vessel that was given just to your child!

SHEPHERDS FLOCK 2017 program highlights include a 4 week endurance program that implements large body movements to improve cardiorespiratory fitness levels, upper and lower body strengthening techniques, core stability and balance and optimal nutritional choices. Relays, games, obstacle courses, & team challenges encourage fitness in a dynamic and supportive way that encourages participants to embrace a lifestyle of health and wellness.

WHAT YOU WILL RECEIVE:

5 hours of instruction, nutritional snacks, family take home and purpose filled play! As well as entry into the Generation Endurance *taste of cross country* event on Oct 3rd at Fish Lake Park - Additional details will follow with class follow up.



“Your body is a temple...honor God with your body.” 1 Corinthians 6:19-20



REGISTRATION:

Online at www.generationendurance.com

Deadline for fall 2017 registration is Sept 11th

FREE registration for your child for YOUR volunteering as an extra set of eyes! Contact PamBaker@GenerationEndurance.com