



## LEAP Anti-Bullying Program

LEAP is offering a program for kids' ages 10-16 that are looking to build confidence and self-esteem. This program is NOT designed for athletes. We will teach a variety of fitness techniques like weight training, flexibility, coordination, boxing, and self-defense. This will be a positive encouraging environment in a small group of 10 or less. This is a 6week program that will meet twice a week on Tuesday and Thursday evenings from 6:30-7:30pm. The last 10 minutes of each session will consist of a cool down and a discussion on various topics such as general health and fitness, nutrition, social media, always being with a buddy, and many more. The participants will have a chance to share their thoughts and concerns during this time. We will have guest instructors throughout the 6week program who will share their own experiences and expertise. This program is open to both boys and girls ages 10-16 and the class will be limited to 10 participants. You can call, email or stop by for more information or to register. [www.leaptrainingcenter.com](http://www.leaptrainingcenter.com)

**June 5 –July 12 M & W. 11:00am-12:00pm**

187 W. Olentangy St., Powell 43065 614-296-6137

**LEAP [joeyd@leaptrainingcenter.com](mailto:joeyd@leaptrainingcenter.com)**

-----Name\_\_\_\_\_

\_\_\_\_\_ Age\_\_\_\_\_

Parents Email\_\_\_\_\_

Parents cell #\_\_\_\_\_ COST: \$220

Make checks payable to LEAP & mail to LEAP 187 W. Olentangy St. Powell OH 43065 or drop off at LEAP. Times are first come first serve.

Parent/Guardian signature\_\_\_\_\_