

Woodstock Recreation Department Presents



WRECK

(Where Recreation & Exploration Catapult Kids)
with Brandi LaBonte

We will be hosting two sessions of After-School Gym on
Fridays from 2:45 to 3:45 pm in the WMS Gymnasium.

Students will participate in a variety of fun, active games. Including, but not limited to:

Basketball – Knockout, Around the World, Horse...
Dodgeball variations (Star Wars, Swamp Wars, etc.)
Capture the Flag
Flag Football
Variations of Tag

Athletic Shoes Required!

Students are encouraged to bring a water bottle and proper attire each week (locker rooms will be available).

_____ Session I March 29, April 5, 12 (3-week session \$27)
_____ Session II May 3, 10, 24, 31 (4-week session \$36)

Program requires a 6-student minimum and is limited to 20 students on a first come first served basis.

Name: _____ Grade: _____ Teacher: _____

Address: _____ Cell Phone: _____

Parent/Guardian: _____

Email: _____

I, _____, parent/guardian grant permission for my child to participate in the After-School Gym program sponsored by the Woodstock Recreation Department. I understand there are certain risks of injury while participating in physical fitness programs and I agree to assume those risks on behalf of my child. I hereby agree that I will not hold the Town of Woodstock, Woodstock Middle School, the program instructor, and/or the Woodstock Recreation Commission including its representatives liable for any injury sustained by my child while participating in the After-School Gym program sponsored by the Woodstock Recreation Department. I also understand that there are no refunds once the session begins and **that my child will NOT be allowed to participate without proper athletic shoes.**

I further agree to grant permission to the Woodstock Recreation Department to release my name, address, telephone number and email address to the instructor for emergency contact in the event of emergency or notices pertaining to the After-School Gym Program.

Parent/Guardian Signature: _____ Date: _____

There is NO late bus on Fridays!

Pre-registration is required. **Mail completed form and payment (made payable to "WRC") to the Woodstock Recreation Department, 415 Route 169, Woodstock, CT 06281.** For more information contact the Recreation Department at 860-928-5935 ext. 332 or email recreationdirector@woodstockct.gov.

Hello,

My name is Brandi LaBonte and I have teamed up with the Woodstock Recreation Department to offer a new program called WRECK. The purpose of WRECK is to provide alternative activities for kids to keep them active, both physically and mentally, with the focus on FUN! This will allow them to develop and explore their skills and abilities at their own pace in a safe and judgement free environment. The goal of our first class, After-School Gym, is to engage kids on a level that excites them about developing healthy exercise habits; we plan to accomplish this by giving them the freedom and control to choose the activities we play. This also encourages them to operate like a team and to listen to one another, so we can come together and develop a plan that is good for everyone.

As a volunteer and a mother of two, I have seen firsthand just how important it is to provide a variety of quality physical and mental exercise; especially now, when going outside isn't always an option, inside space is limited, and resources are scarce. We all know children have a harder time focusing mentally when their body is full of energy and can't stop moving. We also know learning can be transformed into a fun experience when you physically place materials in their hands for them to explore and discover concepts on their own. I believe that by simply serving as a guide and resource, they will grow and blossom in a way that we will all truly be proud of.

I am very excited about the opportunities WRECK will provide in creating a more physically active, mentally stimulating, and inclusive environment for the students of WMS. Please feel free to share any feedback regarding other activities your children would like to see as an after-school alternative. If you would like to speak with me, I am available every Tuesday from 2:30-3:30 pm in the WMS cafeteria during LEGO Robotics or send me an email at WoodstockWRECK@gmail.com and I will get back to you ASAP.

Thank you,

Brandi LaBonte

WRECK

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