

# University Of Pittsburgh's Family Saturdays

YOUR CHOICE



## "P.A.W.S."

(Pitt Athletes Working w/Students)

### A MINI-SPORTS CAMP

for 5th-8th Graders



OR

## "SATURDAY'S KIDS"

### DANCE & MARTIAL ARTS

for 1st-8th Graders



University of Pittsburgh  
Department of Health and Physical Activity  
Community Leisure-Learn Program  
140 Trees Hall  
Pittsburgh, PA 15261

**DATE:** SATURDAY MORNINGS  
Jan. 15th — March 26th

**TIME:** 9:45 am — 12 noon

**PLACE:** TREES HALL, Allequippa St

**COST:** Only \$25 PER FAMILY

This program is sponsored by the University of Pittsburgh's oldest community outreach program - Community Leisure-Learn & through Pitt's Department of Athletics.

### Medical Permission and

#### Liability Release

The undersigned parent and/or guardian of

\_\_\_\_\_ a minor, hereby gives the University of Pittsburgh's Health Services permission to provide medical treatment for my son/daughter (or child in custodial care) in case of illness or an accident while enrolled in the sponsored University of Pittsburgh Saturday's Kids program: Please check if your son/daughter (or custodial child) has: ( ) Heart Trouble, ( ) Diabetes, ( ) Seizure Disorder, ( ) Allergies, ( ) Special Needs \_\_\_\_\_, Other \_\_\_\_\_

Is your son/daughter taking any medication under a physician's direction?

Yes \_\_\_\_\_ No \_\_\_\_\_

If yes, please list the name/dosage of the medication: \_\_\_\_\_

#### Photo Liability Release (optional)

Do you allow the program director to take pictures and/or videotape your child for teaching or program promotion purposes?

Yes \_\_\_\_\_ No \_\_\_\_\_ Please Initial \_\_\_\_\_

In consideration of University of Pittsburgh allowing my child to participate in the above program, I hereby release University of Pittsburgh from any and all liability for injury to my child not due to intentional or gross misconduct:

Parent or Guardian

SIGNATURE REQUIRED!

# Our Programs

Community Leisure-Learn (CLL) is PITT's oldest outreach program to the local community. Its purpose is to involve children and their parents from underserved neighborhoods in fun & instructive physical activity. In the CLL programs Pitt faculty, staff, & students provide youth with basic instruction in a variety of sports & lifetime activities. Parents can also join in the fun through our Parent Fitness 101 program while they wait for their kids! Here they can utilize the Trees Hall weight room and get involved in group exercise and nutrition classes offered by our Dept. of Health & Physical Activity Students.

## SATURDAY'S KIDS

For grades 1st-8th, youth in the DANCE program will learn a variety of different dance styles including:

- Hip-Hop
- Jazz
- African Dance
- Tap-Modern
- Break Dance & more!



In MARTIAL ARTS the classes progress to build skills and will teach the ancient techniques of Shotokan, Karate, Jujitsu, Kubodo, & Self-Defense. Comfy clothes and a willingness to learn is all that's required!



## P.A.W.S.

(Pitt Athletes Working w/Students) P.A.W.S. is an outreach program offered through the PITT Athletic Department and CLL. Pitt Coaches & student athletes provide instruction to youth grades 5-8th in 8 different team sports. These include:

- Football
- Track & Field
- Softball
- Volleyball
- Soccer
- Wrestling
- Tennis
- Cheer & Dance



## JUST FOR PARENTS! Parent Fitness 101

This special program is available to any parent or guardian accompanying their child (ren) enrolled in CLL programs. Parent Fitness 101 encourages improved health and well-being through exercise. Located in the weight room, parents will be able to use the weight equipment and/or participate in group & aerobic exercise & nutritional guidance. Students from Pitt's Dept. of Health & Physical Activity program will be on hand to provide instruction and guidance.

SIGN-UP HERE

(One application must be completed for each child please!)

CHOOSE 1:

SAT. KIDS (gr.1-8)

P.A.W.S. (gr. 5-8)

Child's Name: \_\_\_\_\_

Age: \_\_\_\_\_ Grade: \_\_\_\_\_

School\*: \_\_\_\_\_

Gender: M. \_\_\_\_\_ F. \_\_\_\_\_

Parent/Guardian's

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone:( ) \_\_\_\_\_

Cell:( ) \_\_\_\_\_

To Apply:

Return this form front/back and a check for \*\$25 per family made out to *the University of Pittsburgh* to:

The University of Pittsburgh  
Community Leisure-Learn Program  
146 Trees Hall  
Pittsburgh, PA 15261

\*Additional family applications included in fee (Same day/late Registration fee \$30)

Fee waived for specific agencies and UPrep school. More information? Contact:

Phone: (412) 648-8278/Fax (412) 648-7092

Email: [mpristas@pitt.edu](mailto:mpristas@pitt.edu)

