

Registration for the 2017 Spring Session of BOKS (Build Our Kids Success)!

Grades Eligible: K, 1, 2, and 3.
Cost: \$70 per child (for 10 weeks of classes starting on Monday, March 6).
Schedule: Monday & Wednesday mornings BEFORE SCHOOL 7:10am-8:05am
Duration: 10 weeks beginning on 3/6 and ending on 5/17.
Where: in the gym or outside at the Bresnahan school.
Max # of Participants: First 40 to register by signing up online and paying.
Go to: <http://newburyportpto.com>



BOKS is a before school exercise program from Reebok that helps kids kick-start their brains before school.

This morning program is fun and gives kids a body and brain boost to prepare them for a day of learning. It will help your child gain an appreciation of the benefits of exercise and healthy choices that will last a lifetime.

BOKS was inspired by Dr. John Ratey's book called "Spark." Dr. Ratey, of Harvard Medical School states that "exercise is the single most powerful tool that we have to optimize the function of our brains." Studies provided by Reebok have shown that BOKS kids' test scores improve as well as their fitness levels over the course of a session.

Classes are filled with team-oriented games and provide plenty of opportunity for play since the program focuses on fun! The class is 50 minutes long, starts with a fun warm-up game, running activity; relay races, obstacle courses and strength movements, a fun game and a cool down with a BOKS Bit--a quick nutrition tip before heading off to class.

It will run every Monday and Wednesday for 10 weeks in the gym or outside weather permitting. Let your kids run off some steam and give your kids a fun body and brain boost to start their day. Kim Patrick and Jana Schulson will lead the sessions the Bresnahan. They have both completed the training sessions at Reebok and taught previous sessions at both the Bresnahan and the Molin schools. For more information on the BOKS program and proven results visit BOKSkids.org.