



About Our Kids, Inc. is now offering these Health and Wellness classes:

Monday	3:15 – 4:00	Pre K-2 <sup>nd</sup> Grade Cheer
	4:15-5:00	3 <sup>rd</sup> -5 <sup>th</sup> Grade Cheer
Tuesday	3:15 – 4:00	Pre K- 2 <sup>nd</sup> Grade Wii Dance
	4:15 – 5:00	3 <sup>rd</sup> -5 <sup>th</sup> Grade Wii Dance
	5:15- 6:00	Middle School Wii Dance
Thursday	3:15 - 4:00	2 <sup>nd</sup> -3 <sup>rd</sup> Grade Wrestling
	4:15 - 5:00	4 <sup>th</sup> -5 <sup>th</sup> Grade Wrestling
	5:15-6:00	Middle School Wrestling
Saturday	10:00-10:45	High School Pilates

- ♥ Classes begin the week of October 10th and last 8 weeks.
- ♥ Child must be entering Kindergarten next year to qualify for Pre-K classes
- ♥ *Parents of enrollees are required to attend two sessions of family wellness education.*

Enroll by calling Dana at 681-0559 or e-mail at [aokdana@sbcglobal.net](mailto:aokdana@sbcglobal.net).

A special sign up day will also be held on:

Wednesday, October 5th 1:00-5:00 pm

AOK Corporate  
208 W. 10<sup>th</sup>, Lamar

**First Come/ First Served**



Questions? Call Dana Ison 417-681-0559 or [aokdana@sbcglobal.net](mailto:aokdana@sbcglobal.net)