



BreakThru

Family Fit 4 Life

2018 / 2019 After School Program

Parents are you looking for an After School Program for your child/children and teens?

Healing Hearts has a program for those of all abilities!

After School Program Hours: 3:00pm - 6:00pm

Closed: Christmas and New Year's Day

Healing Hearts offers:

Homework Assistance; Gym time, Fun and Games

**Fitness Training provided by Breakthru Family Fit 4 Life*
(Krav Maga; Fitness Circuit; Individualized Programs Available)**

****All Trainers are Certified***

Healing Hearts staff emphasizes the importance of peer interaction to allow each child/teen to build and maintain strong friendships, which will last a lifetime!

Social skills are addressed in a supportive way which will continue to build individual self-esteem.

Monthly Cost	
5 Days Per Week	\$375/month
Mon - Fri	

Please call or email for more information and to enroll your child/children or teen

(203) 708-0076

healingheartsrecreational@gmail.com

<http://healingheartsrecreational.org>

<http://www.breakthrufitnessstamford.com>