

# Join Us for FIT TO A TEE

## It's about Food, Fun and Being Fit!

### Saturdays, February 15 - March 28



#### Fit to A Tee 2020 will celebrate Family, Food and Fun!

#### Our hands-on winter cooking class turns 10 just as the new decade begins!

Led by **Coach Leslie Kleinman** and team, we will continue our exploration of learning to eat well and to cook everything from asparagus to zucchini.

We will also continue our exciting partnership with **Cuyahoga Community College's Hospitality Management Program** and plan to cook in their fabulous kitchen. An exciting field trip is being planned, too.

As always, in the final class, participants will cook a meal to show off their newly-acquired culinary skills and knowledge.

Our participants will then be the sous chefs at the **3rd annual Taste of The Tee** on April 30th at Tri-C's Hospitality Management Center. As the stars of the highly-praised event, our participants will gain culinary and social skills that add to the Nine Core Values and Healthy Habits that are the ingredients and essence of the First Tee experience.

We look forward to another tasty, nutritious and fabulous seven weeks together!

Bon Appetit!

**When:** Saturdays, February 15 - March 28 | 10 a.m. - Noon

**Where:** Classes are held at our Washington Park campus in Newburgh Heights

**Cost:** \$75.00 per participant

**Class Size:** Minimum of 6 participants; maximum of 20 participants.  
For safety reasons, participants must be at least 8 years old.

#### Registration is now open!

#### TO REGISTER:

**Sign up at:** <https://www.thefirstteecleveland.org/programs/register/>

**RETURNING PARTICIPANTS:** Under "LOG IN" click "Forgot password?" and enter your email address (parent/guardian email). See your email message to click on the link to establish your account and proceed with registration.

**NEW PARTICIPANTS:** Select "CREATE AN ACCOUNT" and proceed as directed.  
Note that you will be required to submit payment in order to complete registration.

**Have questions? Contact our office for assistance: Phone: (216) 641-7799**



#### Interested in our Youth Golf Programs?

Visit our website for the 2020 schedule and details:

**Washington Park** (main campus)  
Newburgh Heights

**Meadowood Golf Course**  
Westlake

**Briardale Greens**  
Euclid

**Windmill Golf Center**  
Macedonia

#### Nine Core Values

Honesty | Integrity | Sportsmanship | Respect | Confidence | Responsibility | Perseverance | Courtesy | Judgment