



Dear Student,

The Maine Leadership Institute invites you to apply for participation in our fall 2018 LIFEFit Leadership Training Program, which runs from September 18th to November 2nd. We meet three times per week for seven weeks; Tuesday, Thursday and Friday, 4:00pm-5:30 pm each day. All sessions will meet at the JCA of Portland, 1342 Congress Street, with exercise and outdoor activities planned at the JCA, the Back Cove Athletic Fields on the Preble Street Extension and on the Portland Trail system.

The program helps to develop good health through character, ethics, physical fitness, leadership and real-world skills for success. On Tuesday and Friday afternoons, you will work with your teammates and our mentors to improve your physical condition. Executed in a team environment, the physical activities will help to build your strength and improve your fitness. Each Thursday, we meet in an interactive classroom setting that will help you to build the skills you are likely to need to succeed in life. You do not have to be in great physical shape to participate. We will work with you no matter your current physical condition. We only ask that you commit to trying.

Please note the start date of Tuesday, September 18th. Classes will be held indoors during inclement weather. Participants are required to attend all 21 sessions. There is no cost to participate and all fitness equipment will be provided free of charge. You do need to provide your own transportation to and from each class session.

Please complete the attached application for admission and return it to the Maine Leadership Institute at P.O. Box 17738, Portland, ME 04112. The application deadline is September 14st. If you have questions about the program, please visit the LIFEFit tab on the Maine Leadership Institute website, www.mainelit.org, or contact the Maine Leadership Institute at 207-774-8711 x103.