



Club Fit Yoga 2019

***Featuring Yoga Calm for kids**

Hi parents. Due to the overwhelming need to provide our kids with more ways to relieve stress & increase mindfulness and focus, I would like to offer a yoga & stretching program at Prairie Trail School. It will include 9 sessions.

Studies show that programs like these can offer so many benefits for overall mind & body wellness. Because this is a club where quiet focus is required, participants may be removed if behavior becomes disruptive to the learning and focus of others. One warning will be given prior to dismissal.

Please make arrangements for your child to be **picked up outside the front entrance by 3:30pm**, as there is no transportation provided by the district. If your child's ride is late more than twice, he/she may be removed from the club.

We will meet on the dates below. If your child cannot make it on a certain day, he/she can come when able. I look forward to providing this special opportunity for your child.

If you would like to sign your child up for this FREE club, please fill out the permission form below and have your child return it to me prior to the first session.

November 6 + 13; December 4, 11, 18; January 8, 15, 22, 29

Pick up at main entrance by 3:30pm.

****Nov 6 is a parent/teacher conference day. Your child will need to be picked up by 2:30 instead.**



Permission Form for Club Fit 2019-2020

****Forms are due by Nov 1st.**

PLEASE PRINT!

Student's Name _____

Homeroom Teacher _____

Person Picking Up _____

****A parent note is needed if your child will be going home with someone different.**

Parent/Guardian Signature _____

Best number to reach you at _____

Email _____

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****Please save the dates on the other side and only return the permission form.**