

Club Fit Walk/Run 2019-2020



Hi parents. We will be making this a walk/run club and may use pedometers, fitness trackers, and music apps to keep track of our progress & provide motivation. We will be taking advantage of our time and space outside to travel different routes around the school and may even use the hallways if the weather is really messy. We may still go out if cold or misty, so have your kids come prepared for the weather. Water bottles are highly encouraged. If the kids need a break from running, we may do some obstacle courses or play some fitness games. We will have the kids meet in the gym after dismissal and go from there.

**If your child is sitting out of PE for gym shoes or injuries he/she may not participate in Running Club on that day.

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.

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. He/she may sign up for one or both sessions (Fall/Spring). I look forward to providing this special opportunity for your child.

**Please save these dates...

**(Mondays) Sept 23 + 30; Oct 7, 21, 28; Nov 18 + 25; Dec 2
(Wednesdays) April 1, 8, 15, 22, 29; May 6 + 13**

**Fall Session
Spring Session**

Please only turn in this portion and keep the dates on the other side for yourself.

Permission Form for Club Fit 2019-2020



PLEASE PRINT!

Student's Name _____

Homeroom Teacher _____

Picked up at 3:30 by _____

_____ **Fall Session (Mondays) Sept 23 + 30; Oct 7, 21, 28; Nov 18 + 25;
Dec 2**

_____ **Spring Session (Wednesdays) April 1, 8, 15, 22, 29; May 6 + 13**



Parent Signature _____

Best # to reach you _____

Email (for any changes) _____
