



EXERCISE CLUB



Hosted by Ms. Graham, Ms. Price, and Mrs. Nalepa

- Who? 2nd and 3rd Grade students
- What? Students will participate in a 45 minute session of stretching and exercising with the guidance of teachers and a workout DVD.
- Where? Port Colden gym
- When? Tuesday afternoons, 3:45-4:30 p.m.
- November 12, 19, 26
 - December 3, 10, 17
- Why? To teach students the benefits of daily exercise, being fit, and having fun!

If your child is interested, please complete the lower portion of this form and **return to school by Friday, November 1, 2013.** Only 25 students will be able to participate, and we will be using a lottery system to choose the students if necessary. If your child is chosen to participate, please have them prepared with sneakers and a water bottle on Club Days. Students who are not picked up by 4:35 will be sent to Aftercare.

I give my child permission to participate in the Exercise Club. I understand that if someone else is going to pick up my child other than the parent listed below, I must send in a written note.

Child's Name

Grade Teacher

Parent's Name

Phone Number(s)

Parent Signature

Date