

Shatekon Fitness Club 2011

Welcome back!!! This will mark the third year of the morning Fitness Club for fourth and fifth grade students at Shatekon. This program will focus on the development of flexibility, strength, cardiovascular fitness, speed and the general enjoyment of exercise and fitness.

Tuesday and Thursday

7:30am- 8:00 am

4th and 5th grade

Start: October 4th

End: January 27th

Attendance for our fitness program is flexible. Students and parents can decide when to come or not come throughout the year. Students will have to be dropped off for this program early to school; they will not be able to participate when getting off the bus. Participation in this program is a privilege and students must receive parental permission as well as their homeroom teacher's permission to participate. Students are expected to follow our Shatekon physical education rules at all times. This includes wearing appropriate clothing and athletic sneakers.

. Students must have their permission slip completed in order to participate.

Thank you and stay fit!

Coach Burns

burnchri@shenet.org

-----*CUT and return bottom half*-----

Student: _____ Grade: _____

He/she has my permission to participate in the Arongen morning Fitness Club.

Parent Signature: _____

Teacher Signature: _____
