

# Fitness Club

Dear parents, students, teachers and staff,

This year we are introducing a new opportunity for students to be a part of a 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.

The program will run from **7:30am until 8:00am** on **Tuesday's and Thursday's** for the months of **October, November, December and January**. Students will need to be dropped early at school for this club. The buses arrive too late for the students to join after getting off the bus. If there is a delay to the start of school for any reason, then Fitness Club will be cancelled for that day. 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.

"Fitness Club" will begin Thursday, October 1, 2009. Students must have their permission slip completed in order to participate. "Fitness Club" will conclude on Thursday, January 28, 2010. We look forward to this being a healthy and enjoyable year!

Thank you and stay fit!

*COACH BURNS*

---

I \_\_\_\_\_ am the parent or guardian of \_\_\_\_\_. He/she has my permission to participate in the Shatekon morning Fitness Club.

I \_\_\_\_\_ am the homeroom teacher of \_\_\_\_\_. He/she has my permission to participate in the Shatekon morning Fitness Club.