

Lion's After School Fitness Club



Teachers at SPC are happy to be able to provide an opportunity to for students in grades 7, 8 and 9 a chance to use our newly created fitness room for the purpose of reaching their fitness goals and improving their health.

This program will take place on **Mondays** and **Thursdays** from 3:15-4:00pm from February 3rd - May 15th

There is no cost for this program and the only thing parents need to provide is proper exercise clothing/shoes and a ride home at 4:00pm. The activities will be teacher directed and supervised. Students will have access to treadmills, elliptical trainers, stationary bikes, weights, exercise bands, stability balls, medicine balls and more.

In order to participate, your child must return the following permission form to Mrs. Laevens:

I, _____ give permission for _____ to participate in the Lions After School Fitness club. I understand that he/she must be dressed appropriately for fitness activities and I will arrange for them to be picked up at 4pm on Monday and Thursday.

Parent/Guardian Signature