



Fitness Club

Dear La Costa Heights families,

We're trying something new at LCH this year – a morning fitness club! Beginning November 3 at 7:30am, students in grades 1-6 are invited to join us every Tuesday and Thursday through May (unless school is closed) for some fitness fun. We'll meet at the lunch tables *rain or shine*; in the event of severe weather, we'll move inside. Then we'll stretch, run, and play relay games for 20 minutes; the kids will have about 10 minutes to freshen up before the bell rings.

* If your kindergartener wants to participate, we ask that a parent stays on site to help out. *

Incentives for participation include a healthy heart & body, focused mind, and a few little trinkets along the way...

Volunteers are needed; contact Kelly Caponetto (programs@lacostaheightspta.org) for more information. The Fitness Club can only continue if the ratio of students to volunteers remains manageable, so please consider participating if your child(ren) will come regularly!

My child and I have discussed the La Costa Heights Fitness Club and s/he wishes to participate. We understand that the following rules must be observed:

- My child(ren) will arrive no earlier than 7:25am on Tuesdays and Thursdays when school is in session.
- My child(ren) will arrive wearing appropriate exercise attire, including *tied* lace-up sneakers.
- My child(ren) will participate and behave in accordance with school rules.

I am able to volunteer Tuesdays Thursdays (circle all that apply)

Parent (please print) _____ Parent Signature _____

Student 1 (please print) _____ Signature _____ Teacher _____

Student 2 (please print) _____ Signature _____ Teacher _____

Student 3 (please print) _____ Signature _____ Teacher _____

Thank you for your interest in participating; once completed, please return this form to your teacher. Children without signed permission forms cannot participate in this program.