



LCH Fit

(Fitness Club)

Dear La Costa Heights families,

Your PTA's **free** morning Fitness Club is excited to be adding Monday mornings to our fitness lineup beginning January 9. Students in grades 1-6 are invited to join us every Monday, Tuesday and Thursday through May 31 (unless school is closed) for some fitness fun. Mondays, meet at the lunch tables for fun fitness activities and games; Tuesdays, we'll do yoga in the Multipurpose Room; Thursdays we'll meet at the lunch tables to stretch and get some fun, healthy exercise for 20 minutes. In the event of severe weather on Mondays and Thursdays, we'll move inside; the kids will have about 10 minutes to freshen up before the bell rings. Once a permission slip is on file, students may participate as often as they like – whenever you're able to get to school by 7:30!

Numerous studies have shown that 20 minutes of exercise before the school day begins reduces behavior problems and improves test scores!

Contact Kelly Caponetto (kcaponetto@gmail.com) for more information.

Parents are always welcome to stay to observe or participate!

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 Mondays, Tuesdays and Thursdays when school is in session.
- My child(ren) will arrive wearing appropriate exercise attire, **including sneakers on Mondays and Thursdays**.
- My child(ren) will participate and behave in accordance with school rules.

Parent (please print) _____ Parent Signature _____

Parent email address: _____ (please print legibly)

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 bring this form to Fitness Club on the first day that you wish to participate**. Children without signed permission forms cannot participate in this program.