

TRAVELL RUNNING CLUB



**Tuesday and Wednesday mornings from
8:05am-8:35am
April 25 -May 24, 2017
FOR GRADES K-5**

The Running Club is a fitness program that is designed to promote cardiovascular fitness, at the same time as build healthy mental, emotional and physical wellness. Students achieve goals which increases positive self image.

After each session, the students will report their total number of laps to Mrs. Feuilly and/or Mrs. Finucane. Depending on their grade, each student will be working towards a total number of laps for the month.

The spring Running Club encourages students in 3rd-5th grade to better their mile run time. It also helps the kids prepare for the Memorial Day Fun Run which is taking place on Monday, May 29 at noon.

Running Club is a time for ALL grades (K-5) to learn to enjoy running and staying physically fit. Parents are welcome to run with their children! Get fit together!

Please meet on the basketball court by 8:05 so we can start on time!

If your child wants to participate in the Running Club, please fill out the below information and return to the main office by Friday April 14, 2017.

Student Name: _____ **Grade/Class:** _____

Parent contact phone #: _____

Parent Email (for rain cancellation):

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