

# PRAIRIE VIEW MIDDLE SCHOOL FITNESS CLUB PERMISSION FORM

Dear Parent:

The Prairie View Middle School fitness club will start on Tuesday, September 5th and will run until October 26th. The club will meet every Tuesday and Thursday before school, 8:00-8:35am. Attendance is not mandatory, but it is encouraged. Students will work toward their individual goals by participating in fitness games, strength training, and cardiovascular activities. Please contact Mrs. Hopkins with any questions or concerns (ehopkins@ksd140.org).

In order to participate:

- Students must have a signed permission slip
- Students must have appropriate clothing & gym shoes

**Students Name:** \_\_\_\_\_

**Grade Level:** \_\_\_\_\_

**Emergency contact and telephone:** \_\_\_\_\_

**Home / Cell phone number(s):** \_\_\_\_\_

**Parent Signature:** \_\_\_\_\_

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## We will meet on Tuesdays and Thursdays:

September 5 <sup>th</sup>	October 3 <sup>rd</sup>
September 7 <sup>th</sup>	October 5 <sup>th</sup>
September 12 <sup>th</sup>	October 10 <sup>th</sup>
September 14 <sup>th</sup>	October 12 <sup>th</sup>
September 19 <sup>th</sup>	October 17 <sup>th</sup>
September 21 <sup>st</sup>	October 19 <sup>th</sup>
September 26 <sup>th</sup>	October 24 <sup>th</sup>
September 28 <sup>th</sup>	October 26 <sup>th</sup>