



ALLEN ACADEMY

A COLLEGE PREPARATORY SCHOOL

FITNESS CLUB

Fitness Club is an opportunity for students to gather together and participate in a physical activity. Students will learn some stretches that will improve their flexibility as well as walk/run for a designated 20 minute timeframe working to improve their cardio endurance. Students in grades K-5th will have the opportunity to participate in Fitness Club.

Meeting Dates: 3rd Thursday of the month
(September 17th, October 15th, November 19th, December 17th, January 21st, February 18th, No Fitness Club in March due to Spring Break, April 15th & May 20th)

Sponsor: Mrs. McMillan

Location: Gym and outdoors behind gym

Time: 3:15pm - 4:00pm

**If weather is not permitting Fitness Club will not be held.

Please return to Mrs. McMillan by Monday, September 14th

Student's Name: _____

Grade Level: _____ Teacher: _____

Parent's Name: _____

Cell: _____ Home: _____

Work: _____ Emergency: _____

**Pick up time will be at 4:00pm.
Students not picked up by 4:10pm will be taken to Extended Day
in the Lower School K-2 Hallway.
Appropriate fees will apply.**

Parent's Signature: _____