

SIS FITNESS CLUB PERMISSION FORM

Hello everyone, Thank you for your interest in our Fitness Club that will take place every **Thursday** OR **Friday** morning before school, starting on **Thursday, September 12, 2024**. It is important for you to understand that in order to participate, **you must sign up on “Sign Up Genius” by a parent/guardian. Clicking on the day you would like your child to attend to sign up.** The participant needs to be dropped off at school by a parent/guardian between **7:25-7:40 AM**. **Busing is not available for this program.** THE PROGRAM WILL BE LIMITED TO THE FIRST 30 STUDENTS (on each day) WHO SIGN UP THROUGH “SIGN UP GENIUS” ****PLEASE BE SURE YOU ARE ONLY CHOOSING ONE DAY!!!****

MORNING DROP OFF:

Students must be dropped off at the outside commons area **BEHIND THE INTERMEDIATE SCHOOL** and enter the building BETWEEN 7:25 AND 7:40AM through the outside entrance of the LUNCH area of the school. A teacher will be stationed at the doors to open them. Please do not drop off your student prior to 7:25a.m., they must remain in the car until a teacher is at the door. *****STUDENTS WILL NOT BE ABLE TO ENTER THE BUILDING AT THE FRONT ENTRANCE OF THE SCHOOL.***

WHAT TO EXPECT: The mission of the Fitness Club is to provide extra opportunities for our students to participate in fitness and sports related activities at 80-100% of their maximum effort in a safe and structured environment. Individual and group competition will be promoted. This will NOT BE a hang out for students to be inactive and socialize. Reminders:

- Students should wear proper footwear and clothing for both indoor and outdoor physical activities such as running. School dress code is mandatory.
- Students should bring water and deodorant/antiperspirant to apply afterwards.
- Students will be excused from the gymnasium at 8:45 am to begin their school day.

Thursday

Friday