



2016-2017 JET FITNESS CLUB



Students in grades 2nd, 3rd, and 4th who are interested in improving their fitness are invited to join the Jet Fitness Club. Jet Fitness Club will meet every Tuesday and Thursday during each session.

The purpose of Jet Fitness Club will be to focus on the basic fundamentals of fitness with a goal of improving cardio-respiratory fitness. Activities will vary from session to session. There is absolutely **NO COST** to join the Jet Fitness Club!!!

Dates: (Tuesdays and Thursdays)

Fall Session: Tuesday September 13th, 2016– Thursday November 17th, 2016
The club will meet before school from 8:00am – 8:45am.

Winter Session: Tuesday January 17th, 2017 – Thursday March 9th, 2017
The club will meet after school from 3:45pm – 4:30pm

Spring Session: Tuesday April 11th, 2017 – Thursday May 18th, 2017
The club will meet before school from 8:00am – 8:45am.

***Students who participate in all three sessions (Fall, Winter, Spring) are eligible to receive the Jet Fitness Club award!

Prepared students should:

- Be dressed for the weather (we will be going outside if weather permits)
- Have comfortable running shoes
- Bring a water bottle
- Have arrangements to arrive on time and get picked up on time
 - Fall – Arrive at 8:00am
 - Winter – Picked up at 4:30pm
 - Spring – Arrive at 8:00am

Fitness Club Permission Slip

Student Name: _____

Grade: _____ Teacher: _____

Session(s) Circle all that apply: Fall Winter Spring

Email: _____

Phone # during fitness club hours: _____

Parent Name(s): _____

Parent Signature: _____

Any questions: Contact Gary Allen, Jerusalem Physical Education Teacher,
(419) 836-6111 ext 2129 – gallen@oregoncs.org