

**INTRODUCING**  
**ST. MARY'S CATHOLIC SCHOOL**  
**FUN FITNESS FRIDAYS**

Studies show that exercising before school can improve cognitive function and academic performance. Since May is National Physical Fitness Month, SMCS is offering a morning physical fitness session for all students who would like to participate. Exercises and/or games will be led parent volunteers.

Sessions will be offered each Friday in May, beginning May 6, from 7:45am – 8:10am. Students must wear sneakers and are encouraged to bring a water bottle. All participants must be walked into the building upon arrival. Please, no drop offs at the front door.

Please fill out the bottom portion of this form and return by **Friday, April 29<sup>th</sup>** so we can plan accordingly. Please complete one form per student.

There is no cost for this program.

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STUDENT NAME \_\_\_\_\_ GRADE \_\_\_\_\_

PARENT SIGNATURE \_\_\_\_\_

**Please return by April 29, 2016**

