# COYOTE FREE-2B-FIT RUNNING CLUB

Calling all Coyotes 1st – 5th grade! Would you like to get some great exercise after school? Please join us for our Coyote Free-2B-Fit Running Club on Tuesdays after school from 3:10pm-4:10pm.  We will be doing a variety of activities including in-line skating and fun cooperative games. We will also learn proper running form and warm-up and cool down techniques to keep our bodies safe and healthy as we build our endurance and muscular strength.  Please make sure that you have clothes appropriate for the weather which might include hats, mittens/gloves, long active pants, sweatshirts and jackets.  Tennis shoes are a must and water bottles are a plus!

**How do I join Creekside's Coyote Free-2B-Fit Club?** Return the bottom portion of this permission slip for each coyote involved, circling which dates you will be able to attend and get your parent's autograph, email and phone number contact.  You do not have to attend all and can join our club whenever you turn back the permission slip!!

**Where do we meet for Coyote Free-2B-Fit Club?** Just come straight to the gym after school. Hang your backpack on the hooks outside the gym and we will let you know our activity for the day!
**Are parents invited too?** Definitely! We would love parents to join in on the fun!

**When is the Coyote Free-2B-Fit club again?**  Every <u>Tuesday</u>, after school from 3:10pm-4:10pm until the end of the year. Parents please pick up your child promptly at 4:10pm in the back of the school.
**Who is invited?** Any student in 1st – 5th grade!

- - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - -

# COYOTE FREE-2B-FIT RUNNING CLUB

My child, _____ would like to participate in

Creekside's Coyote Free-2B-Fit Running Club.  They will come with appropriate active gear and

tennis shoes each Tuesday right after school.  I will pick them up promptly at 4:10pm each Tuesday

afternoon in the back of the school!  **Please circle all dates below that you will attend:**

**Tuesday, 4/8     Tuesday, 4/15     Tuesday, 4/22     Tuesday, 4/29     Tuesday, 5/6**

**Tuesday 5/13     Tuesday, 5/20     Tuesday, 5/27**

**Parent's Signature:** _____

**Parent's Email:** _____

**Parent's Phone:** _____

**\*\* PLEASE RETURN TO MRS. ANDERSON!**