

# WALK/RUN CLUB

# BEGINS MONDAY SEPT. 16TH!!

**2019-20120**

Walk/ Run Club is a 100% volunteer-led exercise program for JLM students in grades 1-4. Our program is intended to promote healthy exercise habits in our students and their families.

### General Info:

- Meets every Monday and Thursday after school until 3:45 pm.
- Students receive credit for each lap they complete on the track.
  - 8 laps = 1 mile
  - 3 miles = a token
- Students who participate are not allowed to stop walking and play on the playground.
- Students should bring a water bottle and wear sneakers and weather-appropriate clothing.
- Students are expected to follow all rules of Walk/Run Club. Students will be dismissed if they can not follow the rules of Walk/Run club.
- Students should be picked up by 3:45 pm.

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Student's Name: \_\_\_\_\_ Grade/Teacher: \_\_\_\_\_

Parent's Name: \_\_\_\_\_ Cell #: \_\_\_\_\_

Alternate Contact Name #1: \_\_\_\_\_ Cell #: \_\_\_\_\_

Alternate Contact Name #2: \_\_\_\_\_ Cell #: \_\_\_\_\_

Yes, my child may participate in Walk/Run Club.

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### Attention Parents:

**To maintain this club, we really need your assistance. Over 150 students participated last year! For these numbers, we need to have 4 to 5 volunteers each time we meet--some to help record laps, others to walk to monitor behavior. You do not have to commit to coming every day. If you are interested in helping, you will be sent a link to sign up.**

Yes, I would love to volunteer to help with Walk/Run Club.

Volunteer Name: \_\_\_\_\_ Email Address: \_\_\_\_\_