



BEGINS MONDAY
SEPT. 10TH!!

2018-2019

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 3:50 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 3:50 pm.

We would like to invite any interested parents to help us run the club. It is the easiest and most rewarding hour you'll spend at JLM.

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: _____

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

Volunteer Name: _____ Email Address: _____