



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.

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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: \_\_\_\_\_

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

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