



# École Arbutus Global Middle School

Sept. 21, 2018

## Fit Quest Classes

Dear Parents,

Please see the opportunity below exclusively available for Grade 7 and 8 Arbutus Global students:

Join Saanich Recreation on a quest for all around fitness - for your body and for your mind. We will start our program off at Arbutus Global Middle School, where our experienced fitness instructor will help guide you through engaging activities designed to help you stay fit and healthy. Stretching, bodyweight exercises, mindfulness, healthy food choices and more will be covered. In the second half of the program we will walk with you over to the Gordon Head Rec Centre and try out the fitness equipment and facilities there. No previous experience is necessary and all body types are welcomed. Please wear comfortable clothing and running shoes, and don't forget a healthy snack and water bottle!

**Thursdays Afterschool: 3:00 pm**

**Cost: Free**

**Grade: 7 & 8 students**

Round #1:

Oct 4 - 18 @AGMS (3 - 4 pm) + Oct 25 - Nov 15 meet @ AGMS walk to GH Rec. (3 - 4:30 pm)

Round #2:

Nov 22 - Dec 6 @AGMS (3 - 4 pm) + Dec 13-20 meet @ AGMS walk to GH Rec. (3 - 4:30 pm)

Space is limited to 12 students per round and will be given on a first come, first served basis. Unless participation is very low, students will be limited to one round. Thank you to Saanich Recreation staff who have initiated this partnership with us!

Rob Parker, Principal

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## Fit Quest Classes

I give permission for my child \_\_\_\_\_ to take part in the *Fit Quest Classes* offered by Saanich Recreation. Students will be walking with Gordon Head Rec Centre staff on some of the dates. (Students **to be picked up or walk home** from GH Rec. Centre at 4:30 pm as per dates above)

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Parent Signature

*(Please return form to Office)*