



École Arbutus Global Middle School

Oct. 26, 2018

Fit Quest Classes Round #2

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 #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 the next 12 students applying, 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

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)

Parent Signature

(Please return form to Office)