



FITNESS CLUB: STARTS: 10/24

A \$16 fee will be required to join.

*** Space is limited, so please sign up early and bring your money and permission slip to the office a.s.a.p. ** There will be a "cap" limit accepted of 30 students only, so please act quickly.*

*** Permission slips with payment will be numbered 1-30 as they are received by the office. Don't delay!*

Office will begin accepting enrollment WEDNESDAY, Oct. 19th.

See Mr. Cole with any questions you may have.

Time: 2:45 to 3:40

**** Students should have plenty of time to change clothes, organize their backpacks, and arrange for a ride home by 3:45.**

10/24	Mon
10/25	Tue
10/27	Thurs
11/1	Tue
11/3	Thur
11/4	Fri
11/8	Tue
11/10	Thur
11/15	Tue
11/16	Wed

Over →

Common Questions:

Question: Is the fee of \$16 good for BOTH session #1 and #2?

Answer: Each session will have a \$16 fee.

Question: Does a student HAVE to enroll in both sessions?

Answer: Some students will attend both; others will sign up for just one.

Question: Will both sessions have the same number of students?

Answer: I am going to assume that the second session will be less crowded due to students often joining other activities.

Question: Will the students be trained as to how to use the equipment?

Answer: All Physical education classes will watch the "Fitness room training video" in their P.E. class. Teachers will also give a "hands-on" instructional seminar with their students. Training is also available from the site supervisor on the first club meeting date. ** You can watch the video right now by going to this link: http://iweb.d57.org/teachers/cole/COLE1/Fitness_Room.html

Question: Will the students be using a "punch-card system"?

Answer: I have the students sign in daily and I have an attendance sheet to cross-reference as to who has paid to join the club for the 10 sessions. Some students will attend all sessions, and others will not due to their other activities they may have going on in their personal schedules.

Question: Is a bus available to take home after the club?

Answer: No- not this year.

Question: Do any 6th graders join the club?

Answer: This may be the most popular club for 6th graders... It is made up of usually 80-85% 6th grade students, but is open to ALL grade levels.

Question: Does the fitness room have any free-weights (dumbbells, etc.)?

Answer: No, we only have "resistance machines" that we use to train our muscles. Nothing can be "dropped" on anyone.

Question: Is it crowded and full of students?

Answer: Yes, it will be crowded towards the beginning of the session schedule, although I have typically noticed that the numbers dwindle by 10% each week due to students being involved in other activities homework priorities. We also rotate on all machines to accommodate students.

Question: Do I have to call in if my child does NOT attend that day?

Answer: No, I will track students who do attend on a daily basis and you can always contact me by e-mail to check in and see if your child has attended any session.

Hope this helps. Please e-mail me if you have any other questions.

Mr. Cole dcole@d57.org