



November 2023

Monday	Tuesday	Wednesday	Thursday	Friday
OCT. 30 Leadership Assignment	OCT. 31	Early Dismissal A- Swimming @ MP B- Trapped: Escape Rooms C- Gym Act. & Dryland Training		1 - Volleyball 2 - Leadership Assignment
6	7	8	9	10
<div> <div></div> <div>Fall Break</div> <div></div> </div>				
13 Hatha @ The Space Wellness	14	15 A - Fitset Ninja B - On Ice C - Volleyball & Soccer @ DCC	16	17 1 - Hatha @ The Space Wellness 2 - Pound Fit
20 Pound Fit	21	22 A - On Ice B - Combat Archery C - Volleyball & Soccer @ DCC	23	24 1 - Pound Fit 2 - Hatha @ The Space Wellness
27 Yoga Fusion @ The Space Wellness	28	29 A - Combat Archery B - On Ice C - Volleyball & Soccer @ DCC	30	DEC. 1 1 - Yoga Fusion @ The Space Wellness 2 - Pound Fit

Notes

BEHAVIOUR

Students are expected to follow all Sports for Life Program rules and guidelines. All rules and expectations will be outlined in the handbook and/or discussed with students on the first day, or prior to activity.

PERMISSION FORMS

It is the student's responsibility to ensure that their permission forms are signed by a parent/guardian and returned so that they will be able to attend scheduled activities.



CLOTHING

Students are responsible for ensuring that they are prepared each day with appropriate active clothing and a pair of indoor shoes each day. Students should also be prepared for outdoor activities and dress appropriately.

