



December 2023

Monday	Tuesday	Wednesday	Thursday	Friday
4 Pound Fit	5	6 Early Dismissal A - On Ice B - Orienteering C - Fitset Ninja	7	8 1 - Pound Fit 2 - Yoga Fusion @ The Space Wellnes
11 Bootcamp @ The Space Wellness	12	13 A - Orienteering B - On Ice C - Combat Archery	14	15 1 - Bootcamp @ The Space Wellness 2 - Snowshoeing
18 Snowshoeing	19	20 A - On Ice B - Swimming @ MP C - Orienteering	21	22 1 - Snowshoeing 2 - Bootcamp @ The Space Wellness
25	26	27	28	29
<div> <div></div> <div>Christmas Break</div> <div></div> </div>				

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.