



April 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 Easter Monday -No School-	2	Early Dismissal 3 A - Leadership Planning & Harbour Pool B - Gateway Bowl C - Spin (ARC) & Leadership Planning	4	5 1 - Lacrosse 2 - Yoga @ Pure Studio
8 Lacrosse	9	10 A - Spin (ARC) & Leadership Planning B - Leadership Planning & Harbour Pool C - Gateway Bowl	11	12 1 - Yoga @ Pure Studio 2 - Lacrosse
15 Yoga @ Pure Studio	16	17 A - Gateway Bowl B - Spin (ARC) & Leadership Planning C - Leadership Planning & Harbour Pool	18	19 1 - Kickboxing 2 - Yoga @ Pure Studio
22 Kickboxing	23	24 A - Activity (weather-dependent) & Leadership Prep B - House of Wheels C - Fitset Ninja	25	26 1 - Yoga @ Pure Studio 2 - Kickboxing
29 Kickboxing	30 Switch Day (Friday) 1 - Bowling @ Fort Lanes 2 - Kickboxing	Early Dismissal MAY 1 A - Fitset Ninja B - Activity (weather-dependent) & Leadership Prep C - House of Wheels	MAY 2	MAY 3 P.D. Day -No School-

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.