



November 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1 YOGA	2 EARLY DISMISSAL A - TRAPPED: ESCAPE ROOMS B - ON ICE C - SWIMMING @ MILLENNIUM PLACE	3 1 - YOGA 2 - FITNESS CENTER STATIONS	4
7 NO SCHOOL FALL BREAK	8 NO SCHOOL FALL BREAK	9 NO SCHOOL FALL BREAK	10 NO SCHOOL FALL BREAK	11 NO SCHOOL FALL BREAK
14	15 FIELD HOCKEY @ DCC	16 A - ON ICE B - CITY FIT C - TRAPPED: ESCAPE ROOMS	17 1 - FIELD HOCKEY @ DCC 2 - YOGA	18
21	22 YOGA	23 A - CITY FIT B - TRAPPED: ESCAPE ROOMS C - ON ICE	24 1 - FITNESS CENTER STATIONS 2 - YOGA	25
28	29 FIELD HOCKEY @ DCC	30 A - COMBAT ARCHERY B - ON ICE C - CITY FIT	DEC 1 1 - YOGA 2 - FIELD HOCKEY @ DCC	

NOTES

BEHAVIOR EXPECTATIONS

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.