



December 2022

Monday	Tuesday	Wednesday	Thursday	Friday
			1 1 - YOGA 2 - FIELD HOCKEY @ DCC	2
5	6 POUND FIT @ DCC	7 EARLY DISMISSAL A - SWIMMING @ MILLENNIUM PLACE B - COMBAT ARCHERY C - ON ICE	8 POUND FIT @ DCC	9
12	13 POUND FIT @ DCC	14 A - ON ICE B - SWIMMING @ MILLENNIUM PLACE C - COMBAT ARCHERY	15 POUND FIT @ DCC	16
19	20 NO CTF CLASSES LAST DAY OF CLASSES BEFORE CHRISTMAS BREAK	21 NO SCHOOL CHRISTMAS BREAK	22 NO SCHOOL CHRISTMAS BREAK	23 NO SCHOOL CHRISTMAS BREAK
26 NO SCHOOL CHRISTMAS BREAK	27 NO SCHOOL CHRISTMAS BREAK	28 NO SCHOOL CHRISTMAS BREAK	29 NO SCHOOL CHRISTMAS BREAK	30 NO SCHOOL CHRISTMAS BREAK

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.