



January 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2 NO SCHOOL CHRISTMAS BREAK	3 NO SCHOOL CHRISTMAS BREAK	4 EARLY DISMISSAL ROLLERS ROLLER RINK (ALL GROUPS)	5 1 - GYMNASTICS 2 - CURLING	6
9	10 GYMNASTICS	11 A - X-COUNTRY SKIING @ SWC B - ORIENTEERING C - ON ICE	12 1 - CURLING 2 - GYMNASTICS	13
16	17 CURLING SNOWSHOEING or FITNESS CENTER	18 A - ORIENTEERING B - ON ICE C - X-COUNTRY SKIING @ SWC	19 1 - GYMNASTICS 2 - CURLING	20
23	24 GYMNASTICS	25 A - ON ICE B - ACTIVATE C - ORIENTEERING	26 1 - CURLING 2 - GYMNASTICS	27
30 NO SCHOOL P.D. DAY	31 CURLING	EARLY DISMISSAL FEB 1 A - FITSET NINJA B - X-COUNTRY SKIING @ SWC C - ON ICE	FEB 2 1 - GYMNASTICS 2 - CURLING	FEB 3

<h1>NOTES</h1>	<p>BEHAVIOR EXPECTATIONS</p> <p>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.</p>	<p>PERMISSION FORMS</p> <p>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.</p>	<p>CLOTHING</p> <p>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.</p>
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