



January 2024

Monday	Tuesday	Wednesday	Thursday	Friday
		Christmas Break No School	Christmas Break No School	Christmas Break No School
6	1- Soccer @ DCC 2- Gymnastics	Early Dismissal All Day Skiing @ Sunridge	3- Gymnastics 4- Yoga	
13	1- Soccer @ DCC 2 - Snowshoeing Games	A- Monster Mini Golf B- Cross Country Skiing C- City Fit Shop D- TBD	3- The Shop (baseball) 4- Gymnastics	
20	1- Snowshoeing 2- Soccer @ DCC	A- Fitset Ninja B- Monster Mini Golf C- Cross Country Skiing D- City Fit Shop	3- Soccer @ DCC 4- The Shop (baseball)	
27	1- Kickboxing 2- Soccer @ DCC	PD Day No School	3- Soccer @ DCC 4- Kickboxing	

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.