



February 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3	4 1- Yoga Assignment 2- Pilates (@ St.JPII)	5 Early Dismissal A- Dryland/Fitness Center B- On Ice C- TBD D- Cross Country Skiing	6 Teachers' Convention No School	7 Teachers' Convention No School
10	11 1- Pilates (@ St.JPII) 2- Yoga Assignment	12 A- On Ice B- City Fit Shop C- Fitset Ninja D-Scuba	13 3- Kickboxing 4- Soccer @ DCC	14
17	18 Switch Day (Monday Schedule)	19 A- City Fit Shop B- On Ice C-Scuba D-Fitset Ninja	20 3- Snowshoeing 4- Soccer @ DCC	21
24	25 1- Yoga Assignment 2- Yoga Assignment	26 A- On Ice B- Pilates FX/Spin FX C- Gymnasium Activity D- Fitness Center *SCUBA FOR Remaining C/D	27 3- Snowshoeing Games 4- Pilates (@ The Space Wellness)	28

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.



