



March 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3	4 1- Gymnastics 2- Pilates FX	5 Early Dismissal A- Swimming at MP B- On-Ice C- Swimming at MP D- Swimming at MP	6 3- Pilates (@ The Space Wellness) 4- Yoga Assignment (Part 1)	7 PD Day No School
10	11 1- Gymnasium/Fitness Center 2- Gymnasium/Fitness Center	12 Hockey Hooky	13 3 - Orienteering 4- Pilates FX	14
17	18 1- Kickboxing 2-Yoga Assignment (Part 2&3)	19 Switch Day (Friday Schedule)	20 Student Faith and Wellness Day	21 No School
24 Spring Break	25 Spring Break	26 Spring Break	27 Spring Break	28 Spring Break

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.



