



April 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	1 1- Pilates FX 2- Orienteering	2 Early Dismissal A- Fun Day Planning B- Fun Day Planning C- Fun Day Planning D- Fun Day Planning	3 3-Yoga Assignment (Part 1) 4- Net Games	4
7	8 1- Orienteering 2- Kickboxing	9 A- Hive Fit Co. B- Combat Archery C- Swimming @ MP D- Swimming @ MP	10 3-Pilates FX 4- Yoga Assignment (Part 2&3)	11
14	15 1- Net Games 2 - TBD	16 A- Combat Archery B- Hive Fit Co. C- Gateway Bowling D- Gateway Bowling	17 Switch Day (Friday Schedule)	18 Good Friday No School
21 Easter Monday No School	22 1- Kickboxing 2 - Activity at DCC	23 A- TBD B- Velodrome (9:30-11:00) C- Hive Fit Co. D- Combat Archery	24 3- Kickboxing 4- Orienteering	25
28	29 1- Activity at DCC 2 - Net Games	30 Switch Day (Friday Schedule)		

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.