



# April 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	1 1- Pilates FX 2- Orienteering	2 <b>Early Dismissal</b> 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- Escape City/Fitness Center D- Gymnasium/Escape City	10 3-Pilates FX 4- Yoga Assignment (Part 2&3)	11
14	15 1- Net Games 2 - Circuit Training	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- Circuit Training 2 - Activity at DCC	23 A- Escape City 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.