

OCTOBER 2025

SPORT FOR LIFE

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
28	29	30	01 Early Dismissal	02 1 - Haunted Games 2 - Yoga 3 - Velodrome (in class work)	03 No School PD Day	04	<div>NOTES</div> <div>Behaviour: Students are expected to follow all Sport for Life Program rules and guidelines. All rules and expectations are outlined in the handbook and/or discussed with students on the first day, or prior to activity.</div> <div>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.</div> <div>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.</div>
05	06	07 A - On-Ice B - Dryland / Volleyball C - Rollers Roller Rink	08 Early Dismissal	09 1 - Velodrome (in class work) 2 - Haunted Games 3 - Yoga	10	11	
12	13 No School Thanksgiving Day	14 A - Rollers Roller Rink B - On-Ice C - Dryland / Volleyball	15 Early Dismissal	16 Switch Day Monday Schedule	17	18	
19	20	21 A - Dryland / Volleyball B - Rollers Roller Rink C - On-Ice	22 Early Dismissal	23 1 - Yoga 2 - Velodrome (in class work) 3 - Haunted Games	24	25	
26	27	28 A - TBD B - TBD C - TBD	29 Early Dismissal	30 All: Haunted Games Carnival	31	01	