

Patton Running and Fitness Club for 1st, 2nd and 3rd Graders

Attention all 1st, 2nd and 3rd Graders! Are you interested in participating in a fun filled running and fitness club? It's time to have fun! Let's get moving with our friends and classmates.

Each session will include the following:

- Warm-up with stretches and exercises
- Walk/run at each child's ability level on school grounds
- Obstacle courses and agility exercises
- Education on hydration and eating healthy

All participants should go directly to the courtyard after school. We will not have Running club if it is raining. If your child attends CAP, please notify them that your child will be attending Running Club.

Important Reminders: Please wear comfortable clothing and running shoes on the days of Running Club. Also, please bring a water bottle to each session.

Parent support is vital to the success of this program. Please plan on volunteering for at least one session. Siblings are welcome on the day the parent volunteers. Parents do not need to run, but are there to help with the organization and support of the children.

The meeting time is 3:45-4:30 on Thursdays on the following dates...

September 29 October 20

October 6 October 27

October 13

If you have any questions, please contact Jaime Ginsberg at
jaimedpt@yahoo.com or 847/323-1156

_____ (Name) has my permission to participate in
the Patton Running Club Meetings on Thursday Sept 29, Oct.6,
13,20,27.

Parent/Guardian Signature _____

Phone _____

I will volunteer at the following
session(s) _____

My Child attends CAP _____ Yes/No

Please return to Patton office by Friday September 23.