

# BETHANY CHRISTIAN SCHOOL

## SPORTS DEPARTMENT

### FITNESS CLUB; TERM 3

Wednesday, 5 July 2017



Dear Parent/Caregiver,

Your child has shown interest in participating in Bethany's Fitness Club commencing in Week 2, Term 3. The Bethany Fitness Club has been set up to encourage and improve the general fitness of students by providing a training program that the students can regularly commit to.

This club is open to any student in years 3 to 6 who would like to improve their fitness. **Trainings will take place every Tuesday morning from 8am to 8.30am on Bethany's school oval throughout Term 3.** Please note that when the weather is either too hot or too wet trainings will be held in the Function Room which is located next to the library behind the Performing Arts Centre.

**All students are expected to wear their Bethany sports uniform to all Fitness Club events. It is also important that all students wear shoes that are appropriate for exercising and running. Slip-on shoes are not appropriate as they do not support the foot. At the end of each session all students will need to get changed into their correct school uniform unless they have P.E. on a Tuesday.**

It is important for the students to have a **good attitude towards all aspects** of the Fitness Club and to **show respect to all involved** to both teachers and students. Bad attitudes, lack of respect or bad behaviour **will not** be tolerated. **Please make sure your child brings to training a bottle of water and a towel big enough for them to lie on.**

Sincerely,

Mr Ben Hannaford  
Sports Coordinator

Mrs Cheryl Wyten  
Fitness Club Coordinator

**BETHANY FITNESS CLUB**

*Please return this permission slip to the Sports Department by End of Week 1*

<b>My Child:</b>		<b>Class:</b>	
	<b>First Name</b>	<b>Last Name</b>	

**Has** permission to attend the Bethany Fitness Club on Tuesday mornings during Term 3. I understand that my child must wear Bethany's sports uniform for the training and then needs to change into their normal school uniform straight after fitness club unless they have a P.E. lesson on Tuesday's. I also understand my child needs to bring a bottle of water and a towel to every training session.

<b>Parent/ Guardian Name:</b>			
<b>Signature:</b>		<b>Date:</b>	
<b>Mobile Number [required]:</b>			
<b>Email Address [required]:</b>			
<b>Relevant Medication Details:</b>			