

RMS Fitness & Dance Club

RMS Fitness & Dance club encourages students to develop a healthy lifestyle to incorporate fitness as a natural part of their lives by making fitness fun! It offers an hour of different forms of exercise and/or dance. The goal of the Fitness & Dance club is to increase knowledge and experience of physical activities for Readington students, outside of school hours. Fitness is the main focus with many opportunities for games and dance. All students will be expected to participate and have fun while exercising! The club meets after school every Tuesday from 2:30 - 3:30 PM in Room 405.

Start Date: Tuesday Nov. 19th

End Date: Tuesday March 10th.

Participant Name: _____

Grade: _____

Participant's goal for fitness club:

Guardian's Signature: (I hereby give my child permission to participate in the RMS Fitness & Dance Club and acknowledge and assume any risk of injury during this activity).

Guardian's Name & Cell: _____ Home: _____

Emergency Contact (Name & Phone #):

Additional Information: (Personal concerns, allergies, medications, etc.)

Thank you for completing this form, please return to Mrs. Sperone in room 107. I can be contacted by email at ssperone@readington.k12.nj.us or by phone ext. 3107.

