

About Community Fit Walks/Runs

Fit walks will give us the opportunity to get outside and play. We will walk to various parks to explore what our community has to offer. We will also be taking the opportunity to improve our fitness through various runs in the neighborhood during PE classes. Being outside has the added bonus of increasing our vitamin D intake. We will structure the walks/runs during the week as long as weather permits. Note: most PE classes will involve runs (some will have us remaining on school grounds) and occasionally we will head to one of the below destinations during the block of time below. Possible parks we could visit:

Ben Lee Park
 Harris Park/Chichester Wetland Park
 Mugford Park
 Sumac Park
 Edith Gay Park
 Belgo Park
 Belgo School Stairs
 Rutland Sports Fields

MONDAY 12:57-3:09	WEDNESDAY 12:57-3:09	FRIDAY 9:47-12:14
Sept 12	Sept 14	Sept 16
Sept 19	Sept 21	Sept 23
Sept 26	Sept 28	Sept 30
Oct 3	Oct 5	
	Oct 12	Oct 14
Oct 17	Oct 19	
Oct 24	Oct 26	Oct 28
April 3	April 5	April 7
April 10	April 12	
April 17	April 19	April 21
April 24	April 26	April 28
May 1	May 3	May 5
May 8	May 10	May 12
May 15	May 17	
	May 24	May 26
May 29	May 31	June 2
June 5	June 7	June 9
June 12	June 14	June 16

Feel free to contact us if you have any questions or concerns.

Sincerely,
 Ms. Makowetski
 Ms. Hansen
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