

Dear Parents,

We are happy to announce the beginning of our after-school club, the Cardio Club. This will be a time for students to improve their fitness training, going beyond what is done in Kinetic Wellness. The Club will meet Tuesdays, Wednesdays, and Thursdays from 3:30 – 4:30. There will be a fee of \$45 for each student participating in the club. As a member of the cardio club, students will receive 3 hours a week in the fitness room, supervision from a certified KW teacher, and a chance to do their own workout. The club will start on Tuesday, November 29th and go into the spring. All students are welcome to join us as we set goals, work on personal training habits, and work on another wonderful life-time fitness activity. If you have any questions, please talk with or email Mrs. Florance in the KW department at 847-446-5892 ext. 3179 or [candiceflorance@winnetka36.org](mailto:candiceflorance@winnetka36.org)

### **Healthy choices start today!**

Please complete the form below, and return it with payment to the KW department

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Student's Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Advisor \_\_\_\_\_

Emergency Contact Person \_\_\_\_\_ Relation to Student \_\_\_\_\_

Emergency Contact Phone#(3:30-4:30pm) \_\_\_\_\_

Cash or checks payable to Winnetka Public Schools

**Please return to KW Department**