



Noranda Running Club



Running Club is back for 2023! No matter how fit you are – anyone can join in. Family members are welcome to join in too for fitness and quality time spent with your children. If you don't want to run or walk but would like to attend we are always looking for parents to help supervise the students.

Kindy and Pre Primary students are welcome but must be accompanied by an adult.

The group will meet every Tuesday and Thursday morning from 7.45am to 8.15am commencing on **Tuesday 21st February**. We will start with an aerobic warm up in the undercover area before moving to the oval. Please be ready to start promptly at 7.45am.

Students should bring a water bottle and may pack an extra snack to have before school. Eg banana

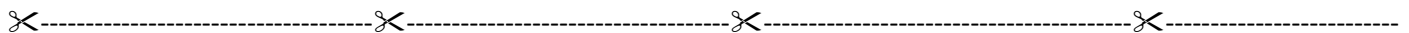
If you are interested please complete the registration form and hand in to the office.

Running Club operates in all weather conditions – if it's too wet to get to the oval we use the undercover area.

Many Thanks

Miss Fullarton & the Running Club Team

February 2023



RUNNING CLUB MEMBERSHIP 2023

I give permission for my child _____ in room _____ to take part in Running Club each week. I understand this may involve running outside the school premises. Please note Kindy and Pre Primary students must be supervised by a parent/guardian.

Signed parent/guardian _____ Date _____

Phone contact number _____

Please specify any medical conditions relevant to your child participating in this activity.

I would like to help with the program Yes ☐ No ☐

Available days _____