

CCHS Girl's Fitness

Summer School 2018

Instructor: Michelle Lopez
michelle.lopez@calvaryschools.org

Course Description: This course is designed to teach students the importance of making physical activity a part of their lives forever. Students will also learn the importance of a healthy, balanced diet.

Course Objective: To increase student's desire to maintain a healthy lifestyle through, healthy food choices, while exploring different and fun activities. The end goal is NOT having a slimmer body, but taking responsibility to be good stewards with the body God has given us and developing discipline.

Dates & Times: Monday – Thursday; 8:00 am –1:00 pm. (3 weeks a semester)
Semester 1: June 25th – July 13th

Location: On CCHS Campus – H107. Some days will be off campus; see permission slip

Materials: One yoga mat (small with strap works well)

Cost: \$400 1 semester; CCPSP: \$450 1 semester

- *\$100 Deposit is due by June 15, 2017*
- *Full balance due June 25 (first day of summer school)*
- Make check payable to Michelle Lopez
- In the memo write student's name and "Summer Fitness"

Contact: michelle.lopez@calvaryschools.org

This course has a maximum enrollment of 6-7 students due to transportation, so enroll early to secure your space. Course is being offered subject to minimum enrollment as well.

CCS Summer School Policy

- Phase One of CCS 2018-2019 Enrollment ***must*** be completed before consideration for summer school.
- Phase Two of CCS 2018-2019 Enrollment ***and*** full Summer School course payment is required by the end of the first week, *or you will be dropped from this course.*

(Please cut here and return bottom portion to the High School Office)

CCHS Girls Fitness 2017 Summer Session: Circle: Full time student CCPSP

Student: _____ Grade level entering in 2018/19: 9 10 11 12

Parent(s) Name: _____ Phone: _____

Email: _____

Best way to contact: _____