

Saunders Walk-Fit Club

- The purpose of this club is for fitness, fun, stress relief, and socialization.
- Students will meet on Wednesdays in the gym by the Girls Locker Room. (We will take a break in the winter when the weather gets bad, and we will resume in the Spring.)
- Students are to put their book bags away in their lockers to secure valuables and then sign in by 3:15 with Mrs. Pannocchia in the gym.
- Athletic Shoes **must** be worn to participate.
- Students must stay with the teacher at all times.
- Cell phones may be carried, but are not to be used during our walks, we will be socializing!
- We will be walking at a brisk pace through the neighborhood where students are expected to stay on the sidewalk for safety and respect of private property.
- You may carry water and a healthy snack with you. (fruit, granola bar, etc.)
- Students must be picked up by 5:00 or ride the activity bus.
- If a student does not follow expectations of the club, they will not be asked back. Safety is of the utmost importance!

Please feel free to contact me if you have any questions or concerns.

Thank you,

Mrs. Pannocchia
703-670-9188
pannocrf@pwcs.edu

[Please complete and return this portion to Mrs. Pannocchia:](#)

_____ has my permission to participate in the Walk Fit Club.

Parent Signature: _____

Emergency Contact Name and Number: _____

____ Will walk home.

____ Will be picked up by a parent.

____ Will ride the activity bus home.