

AEROBICS – FERNY GROVE STYLE

The P&C Association has received funding to conduct several 30 minute Aerobic Sessions for students, parents and teachers. The Department of Health & Ageing will cover costs as part of its "Healthy Active Australia Community & Schools Grant" which will include fruit platters and juice for sustenance for all participants.

Aerobics will continue in Term 2 2009 (Week 2) and will occur 3 times a week. To register your interest for your child or for you to attend please complete the Registration Form and indicate your preferred session. Each session can have 30-40 participants. A qualified aerobics instructor will conduct the modified sessions to cater for 6 to 13 year olds.

This program is also open to older siblings of students who attend Ferny Grove High School and children at St Andrew's.

Once all registration forms are returned (**due back Friday 3 April**) attendees will be placed into their preferred aerobics session. **Currently the sessions are not full.** A permission slip and confirmation of Aerobics session for Term 2 2009 will be returned to the eldest child late in Term 1 or early in Term 2. Initially attendees will be limited to attend one session per week, so that a maximum number of children can be included.

The aim of "Aerobics – Ferny Grove Style" is to encourage children who do not regularly participate in organised sporting activities to attend these aerobic sessions to be active. If your child does not participate in any physical activity encourage them to attend.

Aerobics is an ideal way to keep up fitness for summer sports during Term 2 & 3.

* There is no cost involved for your child to be in these aerobics sessions *

AEROBICS – FERNY GROVE STYLE **~ REGISTRATION FORM TERM 2, 2009 ~**

Sessions will be conducted on Mondays 3:15-3:45pm, Tuesdays 3:15-3:45pm and Wednesdays 7:45-8:15am. These times have been selected to work around rehearsal days for the children in the music program and the availability of the hall.

Fruit & juice will be served before the afternoon session and after the morning session.

Name	Class	Mon pm	Tues pm	Wed am

I am available to help with coordinating Aerobics session on _____ to assist with marking off attendees and serving the fruit and juice to participants.

WHAT TO BRING TO AEROBICS

- * Towel
- * Water Bottle
- * Cup
- * Your energy!

Aerobics sessions will be held in the school hall and although it has a cushioned sports floor, participants must wear sports shoes for support, and not sandals. Fruit & OJ will be served before the afternoon sessions and after the morning sessions.

For sessions in Term 3 and 4 in 2009 enrolment will be via a Registration Form. For any queries on the Aerobics sessions email pandcpresident@ferngrovss.eq.edu.au

Term 2 2009 Planned Sessions: Mondays 3:15-3:45pm, Tuesdays 3:15-3:45pm and Wednesdays 7:45-8:15am.

Name	Class	Mon pm	Tues pm	Wed am

(Complete this section and keep the top half of the form for your records.)

Parent/Guardian Name: _____ Ph: _____

Email: _____

Please note any dietary requirements or medical conditions for attendees.

If the nominated days and times do not suit you, please list alternative days and times.

** Return this bottom section to the school office in the P & C pigeon hole (RED) by Friday 3 April 2009 **