8 October 2015

Dear Parents/Carers,

ERC JUNIOR GYM CLUB

Your son has been invited to participate in a new After School Sport Program - Junior Gym Club.

Junior Gym Club will be held each Tuesday in Term 4 from 2:05pm until 2:55pm, commencing on Tuesday 13th October in the Edmund Rice Centre Gym and/or Shepherds Oval, depending on the availability. Students will be supervised by me at all times.

Junior Gym Club has been designed to give students the opportunity to participate in a range of fitness exercises and activities to improve or maintain their healthy lifestyle. Physical Activity has been proven over recent years to benefit people’s fitness levels and reduce the likelihood of the onset of diseases. However, much more can be gained such as reduced stress and anxiety levels as well as improved concentration and mood. It can also give students a chance to build friendships with others while having fun and trying something new. The College believes this program can offer a great deal to your son in supporting and developing his skills and abilities to give him the best opportunity to reach his greatest potential.

Students will be required to make their own transport arrangements home and may catch the 3:00pm Premier Illawarra bus from school into Wollongong to connect with service buses.

Please complete the Reply Slip below if your son has permission to attend.

Yours sincerely

MR L FIELDS
PDHPE Teacher

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Permission Slip – to be completed and returned to Mr Fields

ERC JUNIOR GYM CLUB

I give permission for my son ___________________________________ of Home Room ___ to attend Junior Gym Club at the College on Tuesdays during Term 4 from 2:05pm-2:55pm.

Details of transport home: __________________________________________________________

________________________________________________________

Signed: ________________________________________ (Parent/Carer)  Date: ____________