Sneaker Club!

This spring we are getting Sneaker Club up and RUNNING again!

**WHAT is Sneaker Club?**
Sneaker Club is a running/movement club. We will engage in warm up/cool down exercises and running/jogging/walking laps during our sessions. Participants will be able to track how many laps they run throughout the program. Our purpose is to promote healthy lifestyles and provide a safe space for students to move their bodies alongside their peers and teachers!

**WHEN and WHERE will Sneaker Club take place?**
Sneaker Club will start up sometime in March. We will meet once per week right after school and will end at 3:55pm. The club will run for six weeks, weather permitting. Sneaker Club will take place in the field north of the playground.

**WHO can participate?**
All students in First-Fifth grade may sign up for Sneaker Club.

**HOW can I participate?**
Sometime in March, permission slips will go home. Fill out and sign the permission slip and return it to your teacher or the front office by the return date. Then, join us every week (day to be determined) after school in the north field.

**Wear your Bald Eagle Boogie Walkathon T Shirt and bring a water bottle (and sneakers, of course)! All students must be picked up by 4:00pm at the latest. Please pick up from the field or in the west hug-and-go parking lot.**

Please contact Ms. Hemker or Mrs. Q with any questions or concerns.

[emilyhemker@tsd.org](mailto:emilyhemker@tsd.org)  [kristinquere@tsd.org](mailto:kristinquere@tsd.org)