

Exploris Elementary Run Club K-5

Run Club will take place on **Wednesday afternoons from 3:45 to 4:40**. We will be moving, running and having fun with fitness.

Students will be dismissed to the multipurpose room after school and taken outside to the green space to warm up, work on athletic skills with drills and games, run and cool down.

Start Date: Wednesday September 30 – (We will kick off with a Fun Run with Exploris Middle School on the greenspace)

End Date: Wednesday November 18

Please submit forms to Mae by Wednesday, September 23.

Dismissal: Please pick up in **carpool at 4:40**. We ask that you avoid walk-up for pick up as it interferes with carpool and after school care.

Early Pick up: If your student needs to be picked up early, please let Elaine know in advance by email (drelainelawrie@gmail.com). Please park on the street so you do not get caught in the carpool line.

Weather: If run club needs to be cancelled due to weather we will communicate via email and Facebook page by 12:00pm.

Volunteers: We need volunteers each week! Without you this won't be possible. Look for a sign up genius and sign up to help with running laps, assisting with games or bathroom breaks/medical issues. Please meet in the multipurpose room by 3:40.

Clothing: Students must be dressed appropriately for activity – running shoes, comfortable clothes they can run in, hats, gloves for cold weather.

Questions: Contact Elaine Lawrie at drelainelawrie@gmail.com or Carrie Oliver at coliver@exploris.org.