



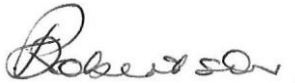
St Patrick's Parish School, Cooma
PASS Excursion – Anytime Fitness, Cooma

Dear Parents/Guardians
Please be advised of the following activity:

Title and Area of learning	Physical Fitness – PASS As part of the Physical Fitness unit that students are studying in PASS we will be going to Anytime Fitness in Cooma to conduct 6 sessions of practical work. Students will be using the cardio machines (treadmill, stationary bike, rower and elliptical) and weight machines (leg press, pectoral press etc). Students will be required to complete worksheets for their classwork in each session.
Purpose	To improve the test results of 3 components of fitness from the fitness testing earlier in the year.
Additional Information	<ul style="list-style-type: none"> • Students will attend during PASS classes. They will not miss time in any other class. • Students will need the correct money of \$7 for each session. • Students will need to wear full PE uniform, and bring a towel and water bottle. Students may bring another t-shirt to change into while at the gym.
Date	<ul style="list-style-type: none"> • Friday 23 March, period 3 • Monday 26 March, period 5 • Friday 6 April, period 3 • Wednesday 11 April, period 4 • Wednesday 2 May, period 4 • Monday 7 May, period 3
Destination	Anytime Fitness, Cooma
Supervising Teacher	Tim Lawley
Time	See above
Cost	\$7 per session, payable each week
Special requirements/equipment	Students must bring a towel and water bottle.
Dress code	Students must wear full PE uniform. Students may bring a t-shirt to change into at the gym.

If you agree to your child attending, please complete the Consent Form and return it to the School by Thursday 22 March. You are welcome to contact Mr Lawley on 6452 1721 if you have any further queries.

Yours sincerely


Frances Robertson
Principal


Tim Lawley
Organising Teacher

✂ _____

NAME OF STUDENT _____	YEAR/CLASS: _____
NAME OF PARENT/CARER _____ <i>(please print)</i>	
PHONE: Home _____ Work _____ Mobile _____	
<p>As a parent/carer of the child named above I give my consent for her/him to participate in the PASS Excursion to Anytime Fitness and agree to delegate my authority to the staff and instructors involved. Such teachers and instructors may take whatever disciplinary action they deem necessary to ensure the safety, wellbeing and successful conduct of the students as a group, or individually in the above mentioned activity. While I appreciate the efforts made by the school to minimise the possibility of injury, I understand that there will remain some degree of risk inherent in participation in netball. I also authorise the teachers and instructors to obtain medical assistance which they deem necessary should an accident occur and agree to pay all medical expenses incurred on behalf of the above student. I further authorise qualified medical practitioners to administer anaesthetic if such an eventuality arises.</p>	
Parent/Carer Signature: _____	Date: _____