



# Community Consolidated Schools District 168

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May 10, 2011

Dear Parent, Students, and Community Member,

Students kindergarten through 8<sup>th</sup> grade are invited with their adult sponsor to come to Rickover Jr. High on **Tuesday, Wednesday, and Thursdays** from 6:00-8:00pm this May 10<sup>th</sup> through Thursday, May 12<sup>th</sup>.

Adults will participate in a fitness program involving resistant training, circuit training, and aerobics with fitness trainers. Students will participate in games and activities similar to what they are doing in their physical education classes. The goal of this program is to increase the heart rates and physical fitness for all the participants.

For those parents that have been involved from the beginning we look forward to seeing you again!

Starting next week we will be meeting **Mondays through Wednesdays** until the end of the school year.

Any questions please call 708-758-1900

Julie A. Iverson

Program Manager