

# Groove with Ms. H2O at Central Intermediate

## What is Groove with Ms. H2O?

Groove with Ms. H2O is a fun fitness program for students at Central Intermediate. It's all about moving to positive music, building community, and having a great time while staying healthy!

## When and Where?

The first class starts on Tuesday, February 20, 2024, at 3:10 pm. Classes will be held every Tuesday and Thursday from 3:10-4:00 for the next 4 weeks. Note: No class on Thursday, February 29th.

## What to Expect?

- Students will enjoy a 40-minute cardio workout followed by 10 minutes of team building.
- The workouts are designed for all shapes, sizes, and fitness levels.
- Positive music with a variety of styles is chosen to keep everyone motivated.
- After the workout, there's a chance to encourage each other and build a supportive community.

## Class Expectations:

- Participation is key! Students should be active and engaged.
- Kindness and encouragement towards classmates are important.
- Students must follow instructions and make an effort to participate.
- A signed [liability waiver](#) from parents/guardians is required for participation.

## Pick-up Reminder:

Parents must have their child's transportation tag when picking them up after the program. If you need a new tag, visit the front office with your ID.

## How to Get Started?

Fill out the liability waiver and medical release prior to the first class. (Medical Release on page 2) Must return original copy of signed document to Ms. Waterhouse.

Thank you for supporting this exciting program at Central Intermediate! Let's make it a fantastic experience for our community.

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### Consent for participation in physical exercise in Groove with Ms. H2O

All participants must have a liability waiver on file in order to participate in addition to this medical release form.

#### FULL PARTICIPATION

I understand that Groove with Ms. H2O is an exercise class and includes physical activities. My son or daughter, \_\_\_\_\_ has permission and does not have any medical condition or needs that exempt him from participating fully in all such activities.

\_\_\_\_\_  
Parent/Guardian (Print)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/ Guardian (Signature)

Any concerns that Ms. Waterhouse needs to be aware of?