



PINE TRAIL ELEMENTARY

AFTER SCHOOL CLUBS

2018 - 2019

Club Name:

Yoga and relaxation

Grade Levels:

2-5

Description:

This class will focus on relaxation and mind-quieting techniques as well as learn basic yoga moves.

Meeting Day, Time and Location:

Mondays: 9/24, 10/1, 10/8, 10/22, 10/29,
11/5, 11/26, 12/3, 12/10, 1/14, 1/28, 2/4, 2/11, 2/25, 3/4, 4/8,
4/15, 4/22

First Day the Club Meets:

September 24th

After school students should report to:

Tree behind parent pickup benches

Students will be picked up from

Parent pickup loop

at

3:15

Supply Fee (Due at time of registration and is non-refundable):

\$25.00

Student participation in after school clubs is a privilege not a right. Students are expected to follow the behavior expectations outlined by the club sponsor. If a student is having difficulty meeting these expectations, the club sponsor will contact the parent to discuss the issue. Any further issues involving the student's conduct may result in the student's removal from the club.

It is the parents' responsibility to pick up their child from the location and at the time indicated above. If the parent is late on more than one occasion, the student may no longer be able to participate in the club.

Club Specific Details: Students will need comfortable clothing, a yoga mat (or towel) and water bottle is recommended. We will learn yoga asanas, participate in stretching activities as well as relaxation techniques. Class will sometimes include healthy snacks and students will make various relaxation tools.