

Conestogo School Council Presents:

DrumFIT Day

Monday, March 3, 2014



DrumFIT is a fun, fast-paced fitness program that combines music, dance, rhythm and learning. It is guaranteed to leave you breathless and begging for more!

We all have a heartbeat and drumming is elemental – tribal. All the latest kid-friendly music will get our students pumped up and dancing to the rhythms! Our workouts incorporate patterning, Brain Gym activities, hand-eye coordination, fine motor skill building, spatial awareness, team work games and more – not to mention the obvious benefit of cardiovascular exercise.

DrumFIT is a great workout for both body AND mind. There is only one rule: **YOU MUST HAVE FUN!**

Throughout the day on Monday, March 3, **every class** will spend their Health period participating in a 45 minute Drumfit session. Parents are welcome to come to the gym to support and participate! Any JK/SK children from the Tuesday/Thursday class are welcome to come and join the fun. Specific times are available from your child's teacher.

Drumfit Schedule – Conestogo Public School

Monday, March 3, 2014 - Day 5

Time	Classes / Grades	Teacher(s)
9:30 – 10:15	Grades 2/3 (P2) – 19 students Grade 3 (P1) – 20 students Grade 3/4 (P3) – 22 students	E. Klassen-Jewitt S. Brown J. Elliott
10:20 – 11:05	Grades 4/5 (P5) – 23 students Grades 4/5 (Rm 4) – 23 students	C. Dufournaud / S. Lambert (period 4) S. Sawyer
BREAK		
11:50 – 12:35	Grade 1 (Rm 6) – 18 students Grade 1 (Rm 9) – 18 students Grade 2 (Rm 10) – 19 students	S. Morland K. Larke / C. Fox (period 6) A. Bauman
12:40 – 1:20	JK/SKs (Rooms 7&8) – approx. 48	T. Lebold (A. Sinclair) / B. Harback
BREAK		
2:00 – 2:40	Grades 5/6 (Rm 1) – 23 students Grade 6 (P4) – 21 students Grade 7A (Rm 3) – 17 students	C. Dufournaud (per. 8) / N. Wagner (per. 9) S. Lambert K. Culley
2:45 – 3:25	Grade 7B (Rm 5) – 16 students Grade 8A (Rm 12) – 18 students Grade 8B (Rm 2) – 20 students	B.A. Behrns G. Railsback (per. 9) / L. Carere (per. 10) L. Donald

Students should wear appropriate foot wear when in the gym.