



3RD * 4TH * 5TH graders



FIT EXPRESS

PERMISSION FORM

(Return THIS PAGE ONLY!)

If you are interested in Fit Express, fill in the permission below and return this page by Monday AM, September 12th to your homeroom teacher or Coach Biggers.

No permission form = No participation. Fit Express will begin on Tuesday, September 13th. Please, be dressed in appropriate workout attire and proper running shoes!

Student's First and Last Name _____

Grade (please circle) 3rd, 4th, 5th Homeroom Teacher _____

My child, listed above, has my permission to participate in Fit Express on Tuesdays from 3:10 - 4:00 P.M. He/She is willing to make the commitment to attend the assigned Tuesdays.

Parent Signature _____

Date _____

Emergency Phone Number: _____

(Phone number where you can be reached from 3:10 - 4:00 P.M.)

Fit Express Dismissal: (PLEASE CIRCLE ONE)

Car Rider (pick up in the back ONLY)

Back Walker/Biker

Sienna Kids Academy

Marquee Walker/Biker

Secret Forrest Walker/Biker

Extended Day

Teacher/Staff Child

Please share by writing in this space or on the back WHY you want to participate in FIT EXPRESS?

