



PERSONAL/INDIVIDUAL FITNESS ACTIVITIES

PAI3/4OF

This course focuses on the development of a healthy lifestyle and participation in a personal fitness program and individual fitness activities. These activities have the potential to engage students' interest throughout their lives while improving their personal fitness. **Weekly activities may include: fitness walks, weight room, zumba, yoga etc.**

SUMMATIVE ASSESSMENT

- Fitness Testing (February & June)
- Health Assignment

THE FOLLOWING ACTIVITIES ARE TENTATIVELY SCHEDULED FOR THE SEMESTER:

Zumba \$2.00/class x 4 = \$8.00

Yoga \$2.00/class x 3 = \$6.00

Dance \$1.00/class x 4 = \$4.00

Bowling (Rose Bowl) = \$10.00

Adventure Bay = \$15.00

Springz = \$20.00

Please note this is a tentative list and changes may be made due to interest and availability of instructors.

Please make cheques payable to “Essex Athletic Association”