



 Online Form - FIT FOR LIFE Fitness program

Activity Name:	FIT FOR LIFE Fitness program
Description:	<p>All students are invited to attend the FIT FOR LIFE morning fitness program starting Thursday 15th August 2024. The morning fitness program will be held in Quad and Fitness Studio at our school and led by local police and MAHS staff. Students can wear activewear and bring their school uniform to change into following the session. Fit for Life starts Thursday 15 August until Thursday 26th September (7 weeks). Students participating must arrive to school at 7:40am. The fitness session will conclude at 8:15am followed by free breakfast for everyone.</p> <p>Students attending will also complete a PCYC waiver as part of the PCYC and Local Police requirements.</p>

* indicates a required field

I have read the above details and give consent for my child, to attend the FIT FOR LIFE Fitness program *

Yes No

Student Name:

Parent/Carer Name: *

Parent/Carer Phone Number: *

Medical conditions/information relevant to the activity (including any medication required):

Pre-existing injuries: *

Parent/Carer Signature: *

