



Mileage Club is a fitness incentive program designed to improve kids' health by providing fun, physical activity. Countless studies have proven that when children exercise their academic performance in the classroom improves

Students run, jog or walk on a course after school each Thursday afternoon from 3:15-4:00 p.m. starting on September 13, 2018.

Each student will be issued a yellow "mileage marker" card that tracks laps each week. With each completed lap, a foot on the card is punched by the teacher. A completed card represents 20 laps and you earn a "toe token." Students will accumulate several toe tokens throughout the school year and will be rewarded by hitting milestone mileage.

Mileage Club will be offered in both the fall and spring season. Fall season begins on September 13, 2018 and will conclude on December 20, 2018. Spring season will start on January 10 and conclude on Thursday, May 2, 2019.

The cost is \$75.00 per season payable to Jeff Taylor. Jeff is our new physical education teacher at Center Montessori School. Drop in's will be acceptable (\$5.00 per session) but preferred method is to plan ahead so each student mileage marker cards will be ready to go. Parents are highly encouraged to attend and participate as well.

If you have any further questions regarding the after-school mileage club, please email Coach Taylor at jtaylor@centermontessori.org.