



Health & Wellness

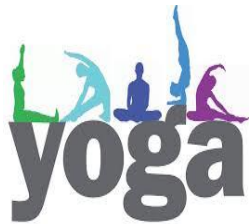
The **UMS PTSA Health and Wellness Committee** is offering a unique opportunity for students to participate in any or ALL of the following **FREE** Workout Activities after school.



Krav Maga: Monday May 6, 2019

(3:15pm – 4:15pm) UMS Cafeteria

Krav Maga is a self-defense system known for its focus on real-world situations and its extreme efficiency and counter-attacks. **Urbana Academy** will teach students key techniques that will allow them to confidently protect themselves in any given situation. No experience necessary.



Yoga: Wednesday May 15, 2019

(3:15pm – 4:15pm) UMS Cafeteria

Pure Yoga will teach students basic yoga poses and breath-work techniques which will help create space for more balance, flexibility, and strength in their minds, bodies, and souls. No experience necessary.



Brazilian Jiu Jitsu (BJJ): Monday May 20, 2019

(3:15pm – 4:15pm) UMS Cafeteria

BJJ is a martial art and combat sport system that focuses on grappling with particular emphasis on ground fighting. **Urbana Academy** will teach basic takedown techniques to bring opponent to the ground. Once the opponent is on the ground, students will learn some maneuvering and submission techniques. No experience necessary.

MAD Fitness: Tuesday May 28, 2019

(3:15pm – 4:15pm) UMS Cafeteria



MAD Fitness will be offering a class aimed at helping middle school students enhance their physical fitness. Students will not only exercise, but also expand upon exercise and strength training knowledge provided by our qualified trainers. Students will practice safe methods geared toward improving flexibility, strength, cardio-respiratory fitness, and muscular endurance in a positive and fun environment!

Please complete and return the permission form on the next page in order to participate! All permission slips are due on the FRIDAY before the scheduled session.



- Only students attending Urbana Middle School are eligible to participate.
- Students must be dressed appropriately (comfortable workout clothes and sneakers).
- Permission slip must be complete and turned in for participation- NO EXCEPTIONS.
- Students must report to the cafeteria no later than 3:15pm to participate. Each session will end at 4:15pm. If a student needs to leave before the end of the session, he/she must inform the instructor at the start of the session. A parent/guardian will be contacted if student leaves without consent.

BEHAVIOR Expectations:

All School Rules Apply. Students may be dismissed from the session due to disrespect or misbehavior during any of the sessions by the instructors. Parents and Administrators will be contacted.



PTSA Health and Wellness After-School Workout Permission Slip

Parents, please complete this portion, cut and have your child turn it in to the **main office** by the Friday before the selected session(s). **Students will not be permitted to participate without this form.**

I give my child (print student name clearly) _____
 in grade _____ permission to participate in the **FREE PTSA Sponsored After-School Workout Session(s) selected below.**

(You may select as many sessions as you like. No limits.)

- Monday 5/6 - Krav Maga (3:15pm – 4:15pm)
- Wednesday 5/15 - Yoga (3:15pm – 4:15pm)
- Monday 5/20 – Brazilian Jiu Jitsu (3:15pm – 4:15pm)
- Tuesday 5/28 – MAD Fitness Workout (3:15pm – 4:15pm)



To submit this form electronically, please scan above or go to:
<https://forms.gle/GiDjV7C9EL7JQLEK7>

All sessions will take place in the UMS Cafeteria. Transportation home is NOT provided.
Please indicate how your child will go home after the session:

___ Student will WALK ___ Parent will pick up at 4:15pm (cafeteria/gym entrance)

Parent/Guardian Name _____ Email: _____

Emergency Phone Number _____ Signature _____