

Cottonwood Creek 2016-2017 Physical Activity Intramurals & Clubs

It is time to start intramurals and clubs once again. They will start on **September 11** and end **April 28**. Intramurals is a time for students to spend extra time exercising, playing games, sports, and creating healthy habits. We will have 2 days of Clubs and 1 Intramural each week. The clubs and intramurals will have a revolving schedule, so be sure to keep the schedule handy. Intramurals are grade specific and the clubs are open to grades 1-5 unless otherwise posted. Please report to the gym on time for intramurals and clubs. The Schedule will be as follows.

Aug. 22-Sept. 9 **Cougar Family Fitness**- Every MONDAY, WEDNESDAY, & FRIDAY 8:30a.m. on the field. Come train for the Fitness Festival 5k

Rotating Clubs on Monday's & Tuesday's

Sept. 11-Nov. 11	Cup-stacking Club 1 st -5 th	Mon. 8:00-8:45
	(training for CCSD Tournament)	
Sept. 11-Nov. 11	Running Club 1 st -5 th	Tues. 8:00-8:45
Nov 14 -Feb.24	Jump Rope Club 1 st -5 th	Mon. 8:00-8:45
	(training for Jump Rope for Heart)	
Nov 14 -Feb.24	Team Sports Club 2 nd -5 th	Tues. 8:00-8:45
	(Tournament style w/Mundy)	
Feb 24-Apr.28	Drills for Skills Basketball	Mon. 8:00-8:45
	(3,4,5 Grades Only)	
Feb 16-Apr.28	Running Club 1 st -5 th	Tues. 8:00-8:45

Friday Fitness & Fun Club

Sept. 11- Apr. 28
Friday's 8:00-8:45
Grades 2nd-5th

<https://goo.gl/4LuBPe>

Students must signed up on-line before coming to Intramurals and Clubs.

Students MUST wear proper shoes!!!

Keep this schedule on your refrigerator