



# Kinetic Wellness Education Courses Summer 2017

Registration opens February 6, 2017 at 8am.

Kinetic Wellness Education Courses are offered during summer school as for-credit courses. **Class attendance is critical and students are allowed only three excused absences (9 hours total) in order to receive credit.** Final exams will be given on the last day of each session. Students must remain on campus during the lunch break each day.

The **Health & Wellness** class covers six units: Intro to Health & Wellness; Fitness & Nutrition; Mental & Emotional Wellness; First Aid; Drugs, Alcohol, Tobacco & Addiction; and Human Growth & Development.

**Recreational Fitness (Silver)** is the PE course offered this summer. This course is designed to offer students a wide variety of group fitness activities that enhance physical skills, movement and wellness. Activities may include handball, volleyball, over-the-line softball, 3 on 3 soccer, basketball and flag football. Through participation in these activities, students will develop cardiovascular fitness, muscular strength, muscular endurance and flexibility. The concepts of teamwork and sportsmanship are emphasized. Fitness assessments will be conducted, as determined by the instructor. This course meets the .5 credit graduation requirement for Group Fitness.

**You can choose to take both Health & Wellness and Recreational Fitness (PE) this summer or just one or the other!**

Dates: May 30 – July 7, 2017      Grades: 8–11      Cost: \$240 plus \$25 Registration Fee

**Course Options:**

Recreational Fitness Silver	7:45 am – 10:45 am
Health & Wellness	7:45 am – 10:45 am
Health & Wellness	11:15 am – 2:15 pm

Registration closes May 24, 2017.  
Refund Policy: 75% if dropping the course up through May 24. No refunds thereafter.

**If registering online, this page must be signed and turned in to the Community Schools office, 2101 E. River Rd.**

**Attendance Policy:**

Students are allowed only three absences (9hrs) before receiving an incomplete from Summer for-credit classes. Being more than 15 minutes late (between 5 and 15 minutes late) more than three times will receive an Incomplete. Students who are withdrawn from a summer class for attendance or behavior issues will receive no refund.

**Completion and Grades:**

All assignments and exams for the register course must be completed by the end of the session to earn .5 credit. The successfully completed course will be added to the student's transcript with the earned grade and .5 credit.

**Lunch:**

Students are responsible for bringing their own lunch. There is a hot lunch option that you may register for on-line once Camp Foothills registration begins. No lunch can be purchased a la carte. The classrooms will be closed during lunch break and students may eat lunch in the cafeteria or the plaza. CFHS is a closed campus and students may not leave campus for lunch.

**CFHS Code of Conduct:**

Summer school students are expected to adhere to all Catalina Foothills School District Student Code of Conduct and Dress Code policies (available on the CFHS website). No alcohol/tobacco/drug related images may be worn. Underwear (including bra straps) must be covered. No smoking, drugs, alcoholic drinks, or weapons are allowed on campus at any time. Electronic devices may be used with teacher permission only. Students who are removed from Summer classes for conduct issues will receive no refund.

**Agreement:**

**I have read and agree to the summer school guidelines outlined above.**

**Student Signature:** \_\_\_\_\_ **Date** \_\_\_\_\_

**Parent/Guardian Signature:** \_\_\_\_\_ **Date** \_\_\_\_\_

**Community Schools Release Statement**

I recognize the risk of illness and injury inherent in any program and am participating in the express agreement and understanding that I am hereby waiving and releasing the instructors and Catalina Foothills Community Schools from and against all claims, costs, liabilities, expenses, or judgments, including attorney's fees and court costs arising out of participation in the program. I hereby agree to the aforementioned statement and release Community Schools and its associates of any financial and/or medical obligation which might be incurred. The following signature authorizes the Catalina Foothills Community Schools to pursue any emergency measures for my child and it is my agreement to pay all costs of collections. The following signature also indicates that all information provided, including name(s), address(es), phone number(s), grade level, and school in which student is currently enrolled are accurate, and acknowledge that false information provided will result in removal from enrolled class(es) without refund or credit. The following signature acknowledges that my student must adhere to all Catalina Foothills School District governing board policies, and that Community Schools and its employees reserve the right to remove my child(ren) from any class for disciplinary reasons on a temporary or permanent basis, without refund or credit. The following signature also allows pictures to be taken of my child(ren) for future publication.

**Signature of parent or guardian** \_\_\_\_\_ **Date** \_\_\_\_\_

# Registration Form

**Registration opens February 6, 2017 at 8:00 am.**

Register by returning this completed form through one of the following methods:

- Fax to (520) 209-7575
- Email: [cs@cfsd16.org](mailto:cs@cfsd16.org)
- Drop off at CFHS, Attention: Mary Grodman
- Drop off at the district office, 2101 E. River Rd.
- Online: <https://cs.cfsd16.org/webreg2>

Registration closes May 24, 2017.  
 Refund Policy: 75% if dropping the course up through May 24. No refunds thereafter.

**Note: If completing registration online, you must sign the agreement page and drop it off at the District Office or at the CFHS Office**

Student Name \_\_\_\_\_ Grade completing \_\_\_\_\_

Address \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Email contact: \_\_\_\_\_

Parent/Guardian Name \_\_\_\_\_ Phone \_\_\_\_\_

Parent/Guardian Name \_\_\_\_\_ Phone \_\_\_\_\_

Please select your course(s):

<input type="checkbox"/> <b>Health</b>	7:45 am - 10:45 am	\$240
<input type="checkbox"/> <b>Health</b>	11:15 am - 2:15 pm	\$240
<input type="checkbox"/> <b>Rec. Fitness Silver</b>	7:45 am - 10:45 am	\$240
<b>One Time Registration Fee:</b>		<b>\$25</b>
<b>Total Due:</b>		<b>\$</b>

Please complete if paying by credit card (Master Card, Visa or Discover):

(Master

Print Card Holder's Name: \_\_\_\_\_

Card Number: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Authorization Signature: \_\_\_\_\_ Date: \_\_\_\_\_

CFSD Community Schools: (520) 209-7551  
 High School Summer Program Director:  
 Mary Grodman Phone: (520) 209-8313 Fax (520) 209-7575

Registration Number: \_\_\_\_\_ Date: \_\_\_\_\_ Accepted by: \_\_\_\_\_