

2018 Plunge into Fitness Program



Spring Brook students are once again invited to Plunge into Fitness this spring as part of a fitness initiative sponsored by Raging Waves Waterpark in Yorkville, IL. Last year, over 200 Spring Brook students participated in the program. The Plunge into Fitness initiative runs from Monday, February 12 — Tuesday, April 10. Each Spring Brook student that completes the program requirements during this time period will receive a free June Raging Waves admission pass (May 26 - June 30) OR can get \$10.00 off admission during the rest of the season (July 1 - September 3).

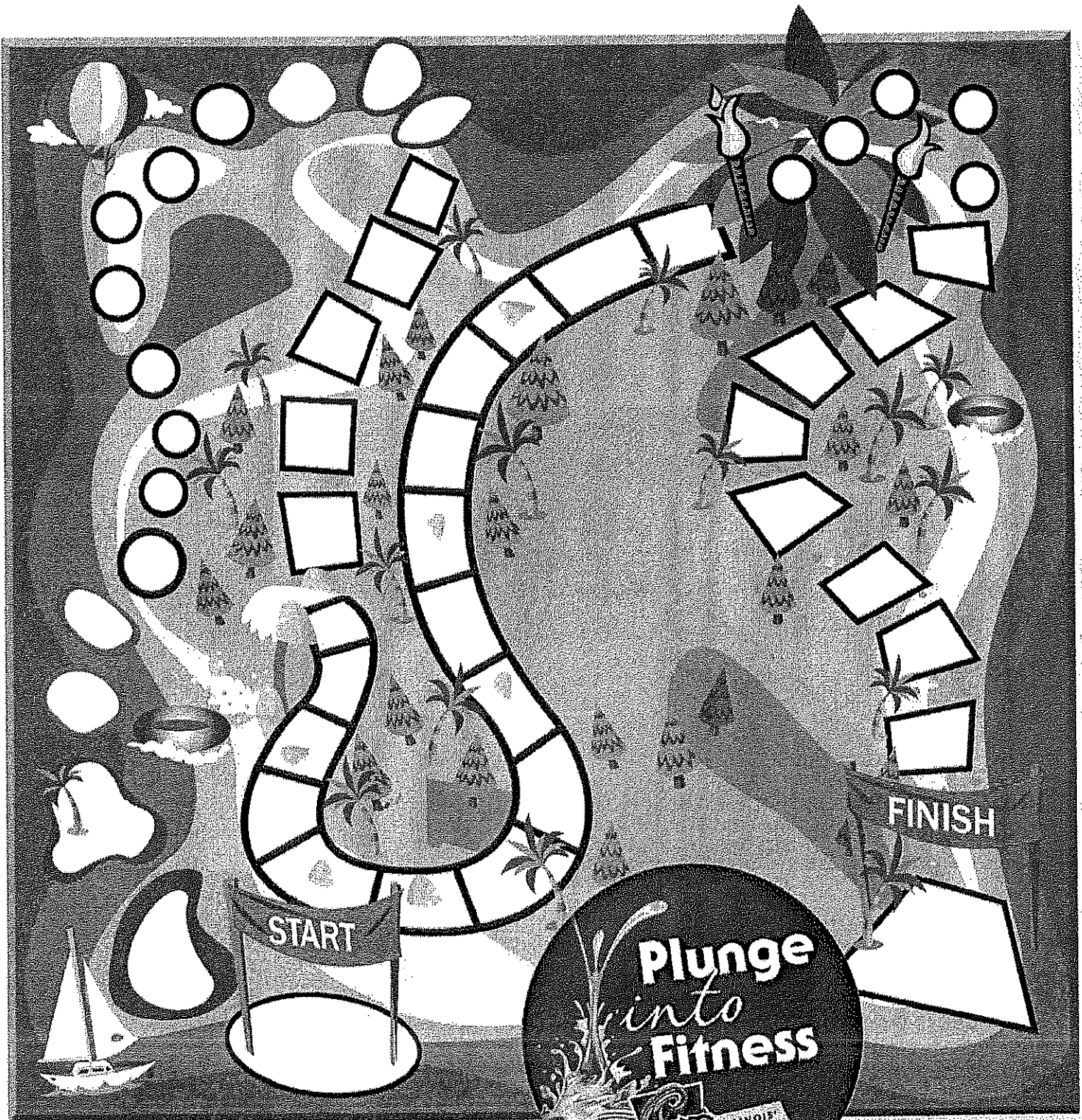
The Plunge into Fitness Program requires a minimum of 30 minutes of exercise each day, totaling 25 hours for the time period. Any activity that increases heart rate qualifies: walking, roller-blading, running, biking, playing team sports, skateboarding, swimming and jumping rope to name a few.

For the duration of the program, each child will complete a fitness log provided by Raging Waves (located on the back of this letter). A link to the fitness log can also be found on the Spring Brook website. Once completed, a parent/guardian will sign the fitness log. Students will then turn in their completed fitness logs to his/her teacher by Tuesday, April 10. Late fitness logs WILL NOT be accepted after Thursday, April 12. All Spring Brook students are encouraged to join this program and earn a free June Raging Waves full-day weekday admission pass OR \$10.00 off admission for the rest of the season. All students will receive their vouchers at the beginning of May.



We are excited to offer this great opportunity to all Spring Book students and hope they will "Plunge into Fitness" over the course of the next several weeks. If you have any questions, please do not hesitate to ask.

Mr. Alessia
david_alessia@ipsd.org



FITNESS LOG

Color in each section along the path to Raging Waves for each 30 minutes of exercise that you complete. Any activity that increases your heart rate counts.

Please return by Tuesday, April 10. Late logs will not be accepted after Thursday, April 12.

What types of exercise did you do?

Student's First Name Last Name Grade

Parent's Signature Date

Teacher's Name