

Date	Day	Foundations	Lifetime Fitness	Active Lifestyles	Personal Fitness
1-Sept.	Tues	***Freshmen	Orientation	Modified	Schedule***
2-Sept.	Wed	Intro.	Intro.	Intro.	Intro.
3-Sept.	Thurs	Locks/lockers	Locks/lockers	Locks/lockers	Locks/lockers
4-Sept.	Fri	Fitness Testing	Fitness Testing	Fitness Testing	Fitness Testing
7-Sept.	Mon	***No	School	Labor	Day***
8-Sept.	Tues	PACER	PACER	PACER	PACER
9-Sept.	Wed	Softball	Flag Football	Tennis	Weight Room
10-Sept.	Thurs	Walk/Run	Walk/Run	Walk/Run	Walk/Run
11-Sept.	Fri	Softball	Flag Football	Tennis	Weight Room
14-Sept.	Mon	Softball	Flag Football	Tennis	Weight room
15-Sept.	Tues	National	Guard	Day	
16-Sept.	Wed	Softball	Flag Football	Tennis	Weight Room
17-Sept.	Thurs	Walk/Run	Walk/Run	Walk/Run	Walk/Run
18-Sept.	Fri	Softball	Flag Football	Tennis	Weight Room
21-Sept.	Mon	Tennis	Softball	Archary	Weight Room
22-Sept.	Tues	Weight room	Softball	Archary	Activity Day
23-Sept.	Wed	Tennis	Softball	Archary	Weight Room
24-Sept.	Thurs	Walk/Run	Walk/Run	Walk/Run	Walk/Run
25-Sept.	Fri	***No students	Professional	Development	Day***
28-Sept.	Mon	Tennis	Softball	Archary	Weight Room
29-Sept.	Tues	Weight room	Softball	Archary	Activity Day
30-Sept.	Wed	Tennis	Softball	Archary	Weight Room
1-Oct.	Thurs	Walk/Run	Walk/Run	Walk/Run	Walk/Run
2-Oct.	Fri	Tennis	Softball	Archary	Weight Room
5-Oct.	Mon	Flag Football	Soccer	Pickle ball	Weight room
6-Oct.	Tues	Weight room	Soccer	Pickle ball	Activity Day
7-Oct.	Wed	Flag Football	Soccer	Pickle ball	Weight Room
8-Oct.	Thurs	Walk/Run	Walk/Run	Walk/Run	Walk/Run
9-Oct.	Fri	***No students	Professional	Development	Day***
12-Oct.	Mon	Flag Football	Soccer	Pickle ball	Weight Room
13-Oct.	Tues	Weight room	Soccer	Pickle ball	Activity Day
14-Oct.	Wed	Flag Football	Soccer	Pickle ball	Weight Room
15-Oct.	Thurs	Walk/Run	Walk/Run	Walk/Run	Walk/Run
16-Oct.	Fri	Flag Football	Soccer	Pickle ball	Weight Room
19-Oct.	Mon	Soccer	Volleyball	Basketball	Weight Room
20-Oct.	Tues	Weight room	Volleyball	Basketball	Activity Day
21-Oct.	Wed	Soccer	Volleyball	Basketball	Weight Room
22-Oct.	Thurs	Walk/Run	Walk/Run	Walk/Run	Walk/Run
23-Oct.	Fri	Soccer	Volleyball	Basketball	Weight Room
26-Oct.	Mon	Soccer	Volleyball	Basketball	Weight Room
27-Oct.	Tues	Weight room	Volleyball	Basketball	Activity Day
28-Oct.	Wed	Soccer	Volleyball	Basketball	Weight Room
29-Oct.	Thurs	Walk/Run	Walk/Run	Walk/Run	Walk/Run
30-Oct.	Fri	***No	Students	Teacher	Workday***
2-Nov.	Mon	Dance/Adv Ed	Basketball	Badminton	Weight Room
3-Nov.	Tues	Dance/Adv Ed	Basketball	Weight room	Activity Day
4-Nov.	Wed	Dance/Adv Ed	Basketball	Badminton	Weight Room
5-Nov.	Thurs	Walk/Run	Walk/Run	Walk/Run	Walk/Run

6-Nov.	Fri	Dance/Adv Ed	Basketball	Badminton	Weight Room
9-Nov.	Mon	Dance/Adv Ed	Basketball	Badminton	Weight Room
10-Nov.	Tues	Dance/Adv Ed	Basketball	Weight room	Activity Day
11-Nov.	Wed	Dance/Adv Ed	Basketball	Badminton	Weight room
12-Nov.	Thurs	Walk/Run	Walk/Run	Walk/Run	Walk/Run
13-Nov.	Fri	***No students	Professional	Development	Day***
16-Nov.	Mon	Badminton	Speedball	Floor Hockey	Weight Room
17-Nov.	Tues	Badminton	Speedball	Weight room	Activity Day
18-Nov.	Wed	Badminton	Speedball	Floor Hockey	Weight Room
19-Nov.	Thurs	Walk/Run	Walk/Run	Walk/Run	Walk/Run
20-Nov.	Fri	Badminton	Team Handball	Floor Hockey	Weight Room
23-Nov.	Mon	Badminton	Team Handball	Floor Hockey	Weight room
24-Nov.	Tues	Badminton	Team Handball	Weight room	Activity Day
25-Nov.	Wed	***10:45am	Halfday	Early	Release***
26-Nov.	Thurs	***No	School	Thanksgiving	Recess***
27-Nov.	Fri	***No	School	Thanksgiving	Recess***
30-Nov.	Mon	Basketball	Badminton	Dance	Weight room
1-Dec.	Tues	Basketball	Badminton	Weight room	Activity Day
2-Dec.	Wed	Basketball	Badminton	Dance	Weight Room
3-Dec.	Thurs	National	Guard	Day	
4-Dec.	Fri	Basketball	Badminton	Dance	Weight Room
7-Dec.	Mon	Basketball	Badminton	Dance	Weight room
8-Dec.	Tues	Basketball	Badminton	Weight room	Activity Day
9-Dec.	Wed	Basketball	Badminton	Dance	Weight Room
10-Dec.	Thurs	Walk/Run	Walk/Run	Walk/Run	Walk/Run
11-Dec.	Fri	Basketball	Badminton	Dance	Weight Room
14-Dec.	Mon	Volleyball	Floor Hockey	Adventure Ed.	Weight room
15-Dec.	Tues	Volleyball	Floor Hockey	Weight room	Activity Day
16-Dec.	Wed	Volleyball	Floor Hockey	Adventure Ed.	Weight Room
17-Dec.	Thurs	Walk/Run	Walk/Run	Walk/Run	Walk/Run
18-Dec.	Fri	Volleyball	Floor Hockey	Adventure Ed.	Weight Room
21-Dec.	Mon	Volleyball	Floor Hockey	Adventure Ed.	Weight Room
22-Dec.	Tues	Volleyball	Floor Hockey	Weight room	Activity Day
4-Jan.	Mon	Floor Hockey	Dodgeball	Volleyball	Weight Room
5-Jan.	Tues	Floor Hockey	Dodgeball	Weight room	Activity Day
6-Jan.	Wed	Floor Hockey	Dodgeball	Volleyball	Weight Room
7-Jan.	Thurs	Walk/Run	Walk/Run	Walk/Run	Walk/Run
8-Jan.	Fri	Floor Hockey	Dodgeball	Volleyball	Weight room
11-Jan.	Mon	Floor Hockey	Dodgeball	Volleyball	Weight Room
12-Jan.	Tues	Fitness Testing	Fitness Testing	Fitness Testing	Fitness Testing
13-Jan.	Wed	PACER	PACER	PACER	PACER
14-Jan.	Thurs	Walk/Run	Walk/Run	Walk/Run	Walk/Run
15-Jan.	Fri	Collect locks	Collect locks	Collect locks	Collect locks
18-Jan.	Mon	***No	School	MLK Jr.	Day***
19-Jan.	Tues	Final Exams	Final Exams	Final Exams	Final Exams
20-Jan.	Wed	Final Exams	Final Exams	Final Exams	Final Exams
21-Jan.	Thurs	Final Exams	Final Exams	Final Exams	Final Exams
22-Jan.	Fri	***No	Students	Teacher	Workday***