



# C'motion

Dear Holy Spirit Parents,

This year we are thrilled to introduce an amazing new activity for our Middle School students called C'motion.

C'motion is a high-energy fitness unit that benefits students of all ages and abilities. C'motion not only offers physical benefits such as an excellent cardiovascular workout, increases foot speed, improves reaction time, tones upper/lower torso but cognitive benefits such as stimulates left and right brain activity, improves sequential thought process and aids in developing tracking skills that can help improve reading and math scores as well.

C'motion provides some of the newest high-tech equipment and offers students a chance to use pedometers which will allow your children to monitor how many steps they achieve, how many calories they burn, and how many miles they complete during each physical education class.

This semester C'motion will begin at our school on **September 25<sup>th</sup>** and **ends on October 6<sup>th</sup>**; the charge per student is **\$10**. Please return the form below **by September 5<sup>th</sup>**.

Thank you,

Joanie Gregas

----- DETACH HERE -----

My child has permission to participate in C'motion during

: My child \_\_\_\_\_ will not be participating in the C'motion program.  
Please do not charge my smart tuition account for this activity.

Child's Name \_\_\_\_\_

Grade \_\_\_\_\_

Parent Signature \_\_\_\_\_

Date \_\_\_\_\_