

# Mileage Club

**Thursday**

**3:30 – 4:30 PM**

**Dates: 1/23, 1/30,  
2/6, 2/13, 2/20,  
2/27**

**GRADES: 1<sup>st</sup>-8<sup>th</sup>**

**Total Cost: \$65**

**Class size is limited to  
44 students**



An active, healthy club for students who like to run, jog, walk, and improve their physical fitness. Mileage club also includes health education components such as the importance of injury prevention through warming up, stretching, cooling down, staying hydrated, healthy food choices, and healthy habits.