

Lester Fit Girls



Fit Girls is for any 5th or 6th grade girl attending Lester School for the 2023/2024 school year.

We will have non-competitive workouts designed to gradually and safely build endurance to run or walk the Lester Fun Run options: 1-mile or 5k (3.1 miles). The training season will lead up to the **Running of the Leopards Fun Run on Sunday, September 24th, 2023! Make sure to sign up!**



Training Starts Thursday, August 24th | Lester School (East Field) | 3-4pm

Practices will be held, primarily on Mondays and Thursdays **after school**, when school is in session, however, some weeks are different, so note the specific dates below!

Date	Time	Location
Thursday, August 24th	3-4pm	Lester School (East Field)
Monday, August 28th	2-3pm	Lester School (East Field)
Thursday, August 31st	3-4pm	Lester School (East Field)
<i>Monday, Sept. 4th</i>	--	<i>No School No Practice</i>
Wednesday , Sept. 6th	3-4pm	Lester School (East Field)
Monday, Sept. 11th	2-3pm	Lester School (East Field)
Wednesday , Sept. 13th	3-4pm	Lester School (East Field)
Monday, Sept. 18th	2-3pm	Lester School (East Field)
Thursday, Sept. 21st	3-4pm	Lester School (East Field)
Sunday, Sept. 24th		LESTER FUN RUN!

Girls are expected to have running shoes and a water bottle!

If you have any questions, please contact Candice Richmond at 773-710-1218.

Please have your child bring the completed form to the first practice session they attend.

Student Name: _____

Classroom Teacher: _____ Grade: _____

Parent Name: _____

E-mail: _____ Cell # _____

Parent Signature: _____ Date: _____