



# GARCES MEMORIAL HIGH SCHOOL

*Developing students spiritually, academically, and socially since 1947*

## **8<sup>th</sup> Period Fitness Class**

Fitness is a semester long course with individualized instruction in a wide variety of activities. Each student is encouraged to develop his/her potential to the best of his/her ability while in the class.

Students will enroll in the Fitness class at the beginning of each semester and must choose to take the class for a grade or Pass/Fail. If they choose to receive a grade, this grade will be calculated into their overall grade point average. Please note, the additional grade could, potentially, result in a drop in the student's overall G.P.A.

Students may choose to enroll in the class for one or both semesters, during the school year. Students must download the form from the Garces website and return the completed, signed form to their counselor by the set deadline. Late forms will not be accepted, and students will not be enrolled past the deadline date. For additional questions please email Mrs. Sakowski or your student's counselor.