

St. Joseph School

**Extended Day
Program
Session ` 1
Sept. 30th-Dec. 12th
10 weeks**



All information and registration available on the
school website.

<http://www.sjsbatavia.org/>

Monday: Lil Irish Runner (Rising Road Runners) \$30
Grades 3rd-6th
2:30-3:00pm

Lead by Mrs. Wright & Mrs. Winters
Rising New York Road Runners is designed to develop movement skills in kids of all ages, and abilities, through a mix of running and fitness activities. Here, kids build confidence, gain motivation, and fuel their desire to stay active. Ours goal is for students to run /walk for the entire time. We will keep track of the distance completed each week. The goal is complete as many marathon's (26.2 Miles) as possible throughout the school year.
Students will participate rain or shine,. During good weather a course will be set up on the church and school property for students to run. On rainy days students will run the a course throughout the school. All students will need to have sneakers and a water bottle. Students will be provided a t-shirt.

Checks Payable to Mary Wright

Wednesday: Yoga \$100
Grades K-5th
2:45-3:45pm

Instructor Marianne Skye:

- In these fun, activity packed classes, we will practice ways to Connect, Breathe, Move, Focus, and Relax, so you can.....
- cultivate skills to stay cool, calm, and collected in challenging, stressful situations
- practice ways to grow your “muscles of focus” that are fun
- connect to your own gifts and strengths, others, and your community
- keep strong and flexible both in body and mind
- ideal for outside-the-box thinker
- Please bring a yoga mat if you have your own , a change of clothes and a water bottle.

**Checks payable to Marianne Skye
Yoga**