

Ramapo Ridge Fitness Club Permission Form

The Ramapo Ridge Fitness Club will meet once or twice a week Tuesdays and or Thursdays after school hours in the Athletic Performance Enhancement Center from 2:45 PM to 3:30 PM. Students will have the opportunity to improve their physical fitness level in a supervised atmosphere while working at their own pace. Supervising the activity will be Mr. Vic James who has been Board of Education approved for this specific activity.

The following modalities will be applied according to ability, availability, and choice.

Cardiovascular training – incorporating the building of endurance through the use of lifecycles, elliptical trainer, spin bikes, and jumping rope.

Strength development – the use of a multi-cable machine, free weights, dumbbells, medicine balls, sand bags, and body weight training.

Core stability training – the use of the BOSUs, body weight training, stability balls, and medicine balls.

Speed and agility training – through the use of plyometrics, box jumps, parachute resistance running, and agility ladder training.

Please be advised that all students involved in this activity must exit the building by 3:30 PM.

I hereby give my permission for my son/daughter to participate in the Ramapo Ridge Fitness Club.

Parent/Guardian Signature _____

Contact Phone Number _____

Student Name – Please Print _____