

## **Request to Waive Lifetime Fitness Class**

Please read the following information about Lifetime Fitness and the waiver process. If you have any questions, contact the Registrar.

### What is Lifetime Fitness?

Ninth grade students are required to take Lifetime Fitness as part of their PE / Health requirement. Lifetime Fitness meets twice per 7-day cycle for the year and is worth one-trimester credit. This required course provides an introduction to the components of physical fitness, including cardio-respiratory fitness, muscular strength, endurance, flexibility, balance, and agility. Each student maintains a personal exercise workout journal, tracks progress, assesses level of physical fitness, and sets personal goals.

### What activities qualify for a waiver from Lifetime Fitness class?

Ninth grade students who participate in an organized athletic activity under the supervision of a coach, and consistently spend nine or more hours per week engaged in the activity for the full academic year (including practices, games and tournaments), may request a waiver from the Lifetime Fitness class. Participation on a Catlin Gabel athletic team or with an activity through a program not offered at Catlin Gabel may be considered; however, combining activities involving smaller time commitments to reach the nine-hour-per-week benchmark will not be considered. Examples of approved requests include participating on a Catlin Gabel team in-season and participating for a club off season, competing on Catlin Gabel athletic teams each trimester, year-round ballet, year-round gymnastics, year-round horseback riding, year-round ice skating, year-round rock climbing, or year-round martial arts.

### How do I request a waiver?

Complete page 2 of this application and return to the Registrar by September 30. For activities not offered at Catlin Gabel, a completed Independent PE application detailing the activity and coach's contact information should also accompany the request.

### How do I know if I'm approved?

Our Dean of Students will review your application, and we will notify you of the decision by email. Keep Lifetime Fitness on your schedule until you receive the confirmation message.

### If I am approved for a waiver, how many more credits would I need to complete the overall PE / Health requirement?

Students with a waiver will be expected to complete all other required health classes and the overall nine-trimester credit requirement. Each season of Independent PE or participation on a Catlin Gabel team will count as a credit toward the nine-credit requirement.

### What happens if my plans change after I've been granted a waiver?

If you do not complete an activity in which you had intended to participate at the start of the year, contact our Dean of Students as soon as possible. In some cases, you may be required to take an alternate PE class in your sophomore year.

## Request to Waive Lifetime Fitness Class

*Please return to the Registrar by September 30.*

Name (Please Print): \_\_\_\_\_

I am requesting a Lifetime Fitness Waiver because I will complete the following activities in ninth grade. Each activity listed below will require a minimum 9-hour commitment each week (including games and practices), and I have read and understand the terms on page 1 of this application. I will stay in my scheduled Lifetime Fitness class until I receive a confirmation email saying my request has been approved.

### Fall (August through November)

Description of activity: \_\_\_\_\_

Will you be engaging in this activity as part of a Catlin Gabel Athletic team? (Circle one.)

yes                  no

If **no**, complete an Independent PE Application (page 3).

### Winter (November through February)

Description of activity: \_\_\_\_\_

Will you be engaging in this activity as part of a Catlin Gabel Athletic team? (Circle one.)

yes                  no

If **no**, complete an Independent PE Application (page 3).

### Spring (March through June)

Description of activity: \_\_\_\_\_

Will you be engaging in this activity as part of a Catlin Gabel Athletic team? (Circle one.)

yes                  no

If **no**, complete an Independent PE Application (page 3).

### Required signatures:

Student Signature: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

After September 1, C&C Advisor: \_\_\_\_\_

### For Office Use Only:

Authorized by:

\_\_\_\_\_

Date:

\_\_\_\_\_

## Independent PE Application

*If you are participating in an activity other than a Catlin Gabel athletic team, complete this form and attach it to your Lifetime Fitness Waiver request. Return all forms to the Registrar.*

Student Name: \_\_\_\_\_

1) Fall

Description of activity: \_\_\_\_\_

Location: \_\_\_\_\_

Name of Supervisor: \_\_\_\_\_

Supervisor's Email address: \_\_\_\_\_

Supervisor's Phone Number: \_\_\_\_\_

Approximately how many hours per week are you engaged in the activity? \_\_\_\_\_

2) Winter

Description of activity: \_\_\_\_\_

Location: \_\_\_\_\_

Name of Supervisor: \_\_\_\_\_

Supervisor's Email address: \_\_\_\_\_

Supervisor's Phone Number: \_\_\_\_\_

Approximately how many hours per week are you engaged in the activity? \_\_\_\_\_

3) Spring

Description of activity: \_\_\_\_\_

Location: \_\_\_\_\_

Name of Supervisor: \_\_\_\_\_

Supervisor's Email address: \_\_\_\_\_

Supervisor's Phone Number: \_\_\_\_\_

Approximately how many hours per week are you engaged in the activity? \_\_\_\_\_

For the parent:

I approve of my child's application for Independent PE. The contact information of the activity supervisor(s) is correct, and we give permission for a representative of Catlin Gabel School to contact the activity supervisor(s) if there are any questions for awarding credit.

Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_