

Freetown Lakeville Campus Programs Department
2019 Spring FLMS Running Club with Ms. Poto
(RAIN OR SHINE)



Grades: 6, 7, and 8 (Maximum 30 students*)

Time: 2:30 – 3:30 p.m. (Meet in gym at dismissal for attendance)

Fee: \$60 each (\$5 non-refundable registration fee + \$55 program fee)

Pick Up Location: Freetown Lakeville Middle School Parking Lot (Gym)

Dates: Mondays and Wednesdays (May 6, 8, 13, 15, 20, 22, and 29)

*First 30 registration forms received along with payment will be able to participate in running club program.

The FLMS spring running club is a laid-back enjoyable way to not only have fun in a common activity but also a way to improve your running and endurance in a stress-free and encouraging environment! The FLMS running club also gives runners of all levels and backgrounds a chance to become acquainted with standard routines and basics of track and the general aspects and rules of the sport. Participants are asked to bring a water bottle, wear appropriate footwear and clothing, and be prepared for some fun!

Any questions, call Diane Czapiga at (508) 923-2000, Ext. 1719 or e-mail: dczapiga@freelake.org.

Also, visit our website for upcoming programs www.freelake.org, Parents & Community Tab, Campus Programs Link

Campus Programs online payment link: <https://unipaygold.unibank.com/Default.aspx?customerid=940>

2019 Spring FLMS Running Club – May 6, 8, 13, 15, 20, 22, and 29

Name: _____ Grade: _____ Online Payment: _____ or Check No. _____

Address: _____ Check Amount: _____

Telephone: _____ Emergency Contact and # _____

E-Mail (print clearly): _____ Medical Conditions: _____

Attending FLMS AFT program at 3:30: YES or NO

I hereby release and save harmless the towns of Freetown and Lakeville, the Freetown – Lakeville Regional School Committee and the Freetown – Lakeville Regional School District any and all liability for any injuries, loss, or other claims arising out of or resulting from or incurred during the use of school facilities and property by the person or persons identified above. I agree, by my signature, to abide by the rules of fair play and good sportsmanship policies of the Campus Programs Department.

Parent / Guardian Signature: _____ Date: _____

Checks payable to FLRSD (Freetown-Lakeville Regional School District)

Return Form & Payment to school and write Diane Czapiga – FLMS Running Club on envelope

Or mail to: Diane Czapiga

Campus Programs

112 Howland Road

Lakeville, MA 02347