

**Jog-a-Thon, Fitness Exercises, and Zumba 2023**  
**Friday, May 19, 2023**

Our students are excited for tomorrow's Annual Fitness Day at HFGS! Are you ready?

**General Schedule to follow this Friday, May 19, 2023:**

6:30 a.m. - Parent volunteers come in through the front doors for set-up and kitchen preparations. Morning Care Personnel will open the blue doors (by the main office) for you.  
7:30 a.m. - 8:00 a.m. - Regular schedule of student drop-off on Elk Avenue  
8:00 a.m. - Homeroom Teachers will pick up their class from the yard.  
8:00 a.m. - 11:00 a.m. - Coach Karl Johnson leads.  
11:00 a.m. - Lunch for all and wrap up.  
12:00 noon - Dismissal

**Please have your child come in:**

1. Jog-a-Thon 2023 shirt;
2. PE sweatpants or shorts;
3. Tennis shoes; and
4. A cap (optional).

The **schedule for the half-day event is attached** and thanks to Coach Karl Johnson for preparing the fitness program. In summary, **our Grade School will be participating and witnessing:**

1. Drills, exercises, and games led by Coach Johnson;
2. A Zumba dance experience from a professional Zumba instructor;
3. Jog-a-Thon within our campus; and,
4. The final victory lap of our Class of 2023.

Our **amazing parent volunteers will be preparing and serving** each class:

1. A tray of bananas for their supply of potassium starting at 8:00 a.m.
2. Adequate water in bottles and other food supplies donated by Sunrise Foods and The Kodo Family
3. Individual bags of hotdogs, baked chips, a granola bar, tangerines, etc.

You are invited to be part of this event, if available. **We encourage carpooling, flexibility, and parking on the streets.**

We do have a DJ and thanks to Ms. Ann Daniels, and the leadership of Coach Karl Johnson, Mrs. Teresa Nelson, Mr. Tony Makhoul, Mrs. Fabiola Martinez, Mrs. Elsbeth Fulgencio, Mrs. Monika Kodo, Mrs. Pauline Pitpit, Lead Parent Volunteers for Crowd Control, Environmental, Kitchen, and Set-up/Take down committees - Mrs. Cindy Bulaon, Mrs. Lillian Arias, Mr. Gregory Varela, Mr. Paulo Telmo,, Mrs. Karina Torres, Mrs. Anna Samuy, Mrs. Leonora Bautista, our PTO Board, Faculty, Staff, Church administration - Fr. Anthony Garcias, Deacon Ron Baker, Cecile Nouh, James Jonson, parent volunteers, and those others who have always been in support of our Grade School community.

**Looking forward to a successful Fitness, Jog-a-thon, and Zumba Day!**

**God bless and sincerely,**  
Dr. Suelto

## **Jog – A – Thon**

<b>8:00am – 8:10am</b>	<b>*Middle School Exercise</b>
<b>8:10am – 8:35am</b>	<b>Zumba (10 mins.) / Sack Race &amp; 3-Legged Race (10 mins.)</b>
<b>8:35am – 8:40 am</b>	<b>Break &amp; Transition Back to Class</b>
<b>8:40am – 8:45am</b>	<b>*Elementary School Exercise</b>
<b>8:45am – 9:05am</b>	<b>Zumba (10 mins.) / Sack Race &amp; 3-Legged Race (10 mins.)</b>
<b>9:05am – 9:10am</b>	<b>Break &amp; Transition Back to Class</b>
<b>9:10am – 9:15am</b>	<b>*Primary School Exercise</b>
<b>9:15am – 9:35am</b>	<b>Zumba (10 mins.) / Tri-cycle Relay &amp; Scarf Dance (10 mins.)</b>
<b>9:35am – 9:40am</b>	<b>Break &amp; Transition (All Classes are out.)</b>
<b>9:40am – 9:50am</b>	<b><u>Battle of Sid Shuffle</u></b>
<b>9:50am – 10:00am</b>	<b>*Middle Zumba (5 mins.) – Sid Shuffle (5 mins.)</b>
<b>mins.) 10:00am -10:10am</b>	<b>*Elem. Zumba (5 mins.) – Sid Shuffle (5</b>
<b>mins.)</b>	<b>*Primary Zumba (5 mins.) – Sid Shuffle (5</b>
<b>10:10am – 10-20am</b>	<b>Zumba &amp; Resistance Band Workout with 8<sup>th</sup> Grade</b>
<b>10:25am – 10:35am</b>	<b>Primary (7 min - Run) Inside Track &amp; Elementary (7 min- Run) Outside Track</b>
<b>10:35am – 10:45am</b>	<b>Middle School Runs / Laps (10 mins.)</b>
<b>10:50am – 11:00am</b>	<b>8<sup>th</sup> Grade Last Lap, Photos w/ Parents &amp; other HFGS Students</b>

**Primary Times: 9:10am / 10:00am / 10:25am / 10:50am**

**Elementary Times: 8:40am / 9:50am / 10:20am / 10:50am**

**Middle School Times: 8:00am / 9:40am / 10:35am – 11:00am**

**TK – 8<sup>th</sup> Grade Classes: The times that you are not participating, you can go back to your classroom /sit in the Playground Area/ sit by the Lunch area / or in the Auditorium with each Homeroom Teacher.  
Thank you. – Coach Karl Johnso**

