

## Daily Schedule

ACTIVITY	TIME	LOCATION
Breakfast	9:00 – 9:30	Lundy Cafeteria
Warm Ups	9:30 – 10:00	High School Field
Activities	10:00 – 12:00	Various Locations
Lunch	12:00 – 12:30	Lundy Cafeteria

Participants will start the day with breakfast in the Lundy Cafeteria at 9:00 AM. After finishing breakfast, participants will begin each day with a light workout to warm up, including stretching and a variety of exercises. Daily activities will follow weekly themes. Each day will end with lunch and release at 12:30 PM.



## About Our District

### OUR VISION

**Dedicated to educational achievement and the success of every student.**

### OUR MISSION

**Together with families and the community, we will provide each student a challenging, quality education, in a safe and supportive small school environment.**

#### We are committed to:

- Providing rigorous standards-based teaching and learning programs that are responsive to each student's needs
- Ensuring that each student makes measurable yearly academic progress
- Preparing all students for personal success by providing college and career opportunities and programs
- Promoting diverse opportunities, in and out of the classroom
- Maintaining our unique environment that assures participation in team sports, arts, clubs, or extra-curricular activities
- Inspiring creativity, critical thinking, leadership skills, and life-long learning
- Cultivating respectful students with a strong work ethic, grit and determination, who are self-directed, responsible community members



# 2018 Summer Recreation and Fitness Program

LOWELL SCHOOL DISTRICT



## About The Program

This summer, the Lowell School District's Summer Recreation and Fitness Program will be available at no charge, to all students ages 8 through 12. Participants will enjoy a variety of fun physical activities, including soccer, golfing, hiking, fishing, and track and field.

The Summer Recreation and Fitness Program will run Monday through Friday, from 9:00 AM to 12:30 PM, beginning Wednesday, July 2 and ending Friday, August 24. Breakfast and lunch will be available for all participants daily.

To ensure all students participating are safe and accounted for, we ask that all participants register for the weeks they plan on attending. Participants can register for the program online at [www.lowell.k12.or.us/summer](http://www.lowell.k12.or.us/summer), or pick up forms from any of the school offices. While participants are highly encouraged to register in advance, drop-in participants may register for the program during the summer.



## Weekly Activities

JULY  
2-6

### Golf Galore

Practicing putting, driving and chipping on the course.

JULY  
9-13

### Summer Soccer

Practicing soccer skills; playing full-field games

JULY  
16-20

### Nature Hiking

Hiking at Skinner's Butte, Mt. Pisgah, and more.

JULY  
23-27

### Track and Field

Olympic training with Healthy Moves.

JULY/AUG  
30-3

### Football Week

Learning football skills and playing flag football games.

AUG  
6-10

### Tumbling/Culinary

Tumbling and Kids in the Kitchen (permission slip required).

AUG  
13-17

### P.E. Games/Culinary

P.E. games and Kids in the Kitchen.

AUG  
20-24

### Fishing and Wildlife

Learning casting, luring, archery, and fishing trip.

## Summer Meals



Lowell School District is proud to serve the children of our community through the Summer Food Service Program. We will be serving breakfast, lunch, and supper at no charge, to all children ages 1 to 18. All meals will be served Monday through Friday, starting June 19 and ending August 31. Sites will be closed July 4.

MEAL	TIME	SITE
Breakfast	9:00 – 9:30	Lundy Cafeteria
Lunch	12:00 – 12:30	Lundy Cafeteria
Supper	4:00 – 5:00	LHS Field Booth

Visit [www.lowellschoolmeals.org](http://www.lowellschoolmeals.org) for additional information regarding the food service program. If you have any questions about the food service program, please call (209) 226-2429.