



**RICHMOND FRIENDS SCHOOL**  
*An Independent Quaker School, est. 1971*  
**RFS/EARLHAM COLLEGE WELLNESS CENTER ACTIVITIES**  
**2018-2019 ROUGH COPY**

We are thrilled to continue our partnership with the Earlham College Wellness Center. Our entire school will walk over together after lunch so they can change clothes (as needed), rest, and be ready for 30 - 45 minutes of fitness. The Wellness Center is a beautiful facility staffed with experts who will assist our teachers in various physical activities. \* **Teacher Led**

Date	Aaron & Elise's Class Pre K - K	Laura's Class 1 <sup>st</sup> - 2 <sup>nd</sup>	Rachel's Class 3 <sup>rd</sup> - 4 <sup>th</sup>	John's Class 5 <sup>th</sup> - 6 <sup>th</sup>
September 5	Pool	Soccer	Climbing Wall	Yoga
September 19	Pool	Soccer	Climbing Wall	Yoga
October 3	Pool	Soccer	Climbing Wall	Yoga
October 24	Soccer	Pool	Yoga	Carts
November 14	Soccer	Pool	Yoga	Carts
November 28	Soccer	Pool	Yoga	Carts
January 16	Yoga	Climbing Wall	Lawn Games	Pool
January 30	Yoga	Climbing Wall	Lawn Games	Pool
February 13	Yoga	Climbing Wall	Lawn Games	Pool
February 27	*TBA (Gym/Outdoors)	Yoga	Pool	Walleyball
March 20	*TBA (Gym/Outdoors)	Yoga	Pool	Walleyball
April 10	*TBA (Gym/Outdoors)	Yoga	Pool	Walleyball

(OVER)