



École Élémentaire Sunshine Hills Elementary

11285 Bond Blvd  
Delta, B.C. V4E 1N3  
Tel: 604-594-8491 Fax: 604-594-3815  
<https://deltalearns.ca/ecolesunshinehills>  
<http://sh.deltasd.bc.ca/home>

September 18, 2018

Dear Parents/Guardians,

We are excited to announce that Zumba will be coming to École Sunshine Hills Elementary on Tuesday, September 25<sup>th</sup>, Wednesday, September 26<sup>th</sup>. Tuesday, October 2<sup>nd</sup> and Wednesday, October 3<sup>rd</sup>.

Zumba is a fitness program that combines Latin and international music with dance moves. It is a total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. The Zumba program aligns with our K-7 Physical and Health Education curriculum; it promotes physical literacy skills and encourages active movement.

We would like to thank the Sunshine Hills PAC for funding and sponsoring this event. Due to the PAC's generous contribution the cost per student is \$3.00!

Please complete the form below and return it with payment to your classroom teacher by Monday, September 24, 2018.

Thank you,

École Sunshine Hills Elementary Staff

---

**CONSENT FORM**

I give permission for \_\_\_\_\_, Div. \_\_\_\_\_ to participate in the Zumba lessons taking place on Tuesdays and Wednesdays, from September 25<sup>th</sup> to October 3<sup>rd</sup>, 2018.

[ ] Enclosed is \$3.00 (*Cheques payable to Sunshine Hills Elementary.*)

\_\_\_\_\_ Date \_\_\_\_\_

Printed name of Parent/Guardian

\_\_\_\_\_  
Signed by Parent/Guardian