



# FLVT Physical Pursuits T/Th 2026-27

## Outline, Schedule, Waivers & Student Permission Forms



Course Information & Permission forms will be emailed home in Permission Click

| Course Schedule |                                                  | Depart Time                              | Return Time | Equipment Needed                                                                                                            |
|-----------------|--------------------------------------------------|------------------------------------------|-------------|-----------------------------------------------------------------------------------------------------------------------------|
| September 03    | Course Overview, Gear Inventory, & Cycling Intro | Classroom Day                            |             |                                                                                                                             |
|                 |                                                  |                                          |             |                                                                                                                             |
| September 08    | Cycling Maintenance                              | Appropriate clothing, bikes, and helmets |             |                                                                                                                             |
| September 10    | Cycling Skills                                   | Appropriate clothing, bikes, and helmets |             |                                                                                                                             |
|                 |                                                  |                                          |             |                                                                                                                             |
| September 15    | Kayak Classroom Session                          | Classroom Day                            |             |                                                                                                                             |
| September 17    | Coulee Hike & Trail Build Workshop               | 12:15                                    | 2:00        | Good closed-toed shoes, gloves, water, and snack                                                                            |
|                 |                                                  |                                          |             |                                                                                                                             |
| September 22    | Kayak Lake Day                                   | 12:30                                    | 3:15        | Appropriate clothing and footwear for the weather and activity appropriate clothing for the weather, swimsuit, towel, lunch |
| September 24    | Cycling Skills                                   | Appropriate clothing, bikes, and helmets |             |                                                                                                                             |
|                 |                                                  |                                          |             |                                                                                                                             |
| September 29    | Waterton Hike Planning Day                       | Classroom Day                            |             |                                                                                                                             |
| October 01      | Helen Schuler Yoga                               | 12:30                                    | 2:00        | Appropriate clothing and footwear for the weather and activity                                                              |
|                 |                                                  |                                          |             |                                                                                                                             |
| October 06      | Cycling Skills                                   | Appropriate clothing, bikes, and helmets |             |                                                                                                                             |
| October 08      | Waterton or Pass Day Hike                        | 8:30                                     | 3:30        | Good closed-toed shoes, a backpack, water, food, and snacks                                                                 |
|                 |                                                  |                                          |             |                                                                                                                             |
| October 13      | NO SCHOOL                                        |                                          |             |                                                                                                                             |
| October 15      | Coulee Hike & Trail Build Workshop               | 12:15                                    | 2:00        | Good closed-toed shoes, gloves, water, and snack                                                                            |
|                 |                                                  |                                          |             |                                                                                                                             |



# FLVT Physical Pursuits T/Th 2026-27

## Outline, Schedule, Waivers & Student Permission Forms



|             |                           |                       |      |                                                                                     |
|-------------|---------------------------|-----------------------|------|-------------------------------------------------------------------------------------|
|             |                           |                       |      |                                                                                     |
| October 20  | Climbing Day 1            | 12:30                 | 2:00 | Clothing for climbing. Clean footwear. Harness and climbing shoes, if you have them |
| October 22  | Nicholas Sheran Disc Golf | 12:15                 | 2:00 | Good closed-toed shoes, gloves, water, and snack                                    |
|             |                           |                       |      |                                                                                     |
| October 27  | Climbing Day 2            | 12:30                 | 2:00 | Clothing for climbing. Clean footwear. Harness and climbing shoes, if you have them |
| October 29  | Film Fest                 | Classroom day, snacks |      |                                                                                     |
|             |                           |                       |      |                                                                                     |
| November 03 | Climbing Day 3            | 12:30                 | 2:00 | Clothing for climbing. Clean footwear. Harness and climbing shoes, if you have them |
| November 05 | Galaxy Bowl Challenge     | 1:40                  | 3:00 | Socks                                                                               |