



Track & Field

LFSD Running Club*



- * Every Friday from 3:45 to 4:45 PM, to Cabrillo Heights Park
- * Open to 2nd graders and up
- * Two challenges: Les Foulées Olympiques & 5K La Jolla Shores
- * Cost from January 9th to April 7th: \$300
- * For more information, please contact me: mylene.ghestin@lfsd.org

ON YOUR MARKS, GET SET, GO!



2023 Winter ASA Registration Form

January 9th - April 7th, 2023 (No classes during breaks and holidays and minimum day)

Student name:

DOB:

Grade:

Parent(s) / Guardian(s) name :

Phone :

Email :

***Music & Movement Preschool	Mon (TPS / PS/MS)	\$300		*Les petits Yogi (Yoga)	Thurs (KG to 5th)	\$300	
**Mini Chefs Preschool	Thurs (PS/MS)	\$300		*Ballet (KG & up)	Wed (KG & up)	\$300	
*Basketball	Fri (KG & up)	\$300		*Chess Club (one class/week) Please select your day	Mon / Tues / Thur	\$300	
*Masterchef	Tues (KG to 5th)	\$300			Sibling one class / week Mon / Tues / Thur	\$500	
Coding	Fri (2nd & up)	\$300		Chess Club (2 classes/week)	Mon / Tues / Thur	\$500	
**Mini gym & parcours	Fri (PS/MS)	\$300		Spanish club	Monday (1st & up)	\$300	
Track & Field	Fri (2nd & up)	\$300		** Soccer (Preschool)	Thurs (PS/ MS)	\$300	
German (Beginner)	Thurs (1st & up)	\$300		German (Advance)	Wed (1st & up)	\$300	

***KG **PS/MS**

TOTAL	\$
--------------	----

- Paid check # If paid copy invoice to parent? Yes No
- Credit card - **(VISA-Mastercard- Discover-Amex ONLY) – NO DEBIT CARD** - we don't keep credit card info on file for security reasons. **There is a 3.5% surcharge, on top of the Grand total, issued by the credit card processor. Payment needs to be made in person with a card in hand.**
- **Forms must be returned with the complete payment. Check payable: Le Lycee francais de San Diego**

Parent / Guardian name:

Signature:

Date:

Lycée Français de San Diego

EPD Init ___/___

<https://lfsd.org>

Admin :

Inv #:

Date :



FIELD TRIP STUDENT FORM



Please return this form by ...January 9th, 2023..

PART 1/2: TO BE FILLED BY THE TEACHER	
Destination: name, address, type <small>(outside/in-house/day/overnight...)</small>	Track and Field After School Cabrillo Heights Neighborhood Park 8308 Hurlbut St, 92123
Date	All Fridays from January 13th - April 7th, 2023 (Except Break and Holidays)
Beginning and ending times	From 3:45pm-4:45pm
Teacher(s) and grade(s) going	Mylene Ghestin, 2nd grade and up
Transportation (meeting location and times)	NO
Number of chaperones needed	NO
Cost per student for the families	NO
What to bring	Sports Clothing, Water,

Cut below to keep the section above as a reminder

PART 2/2: TO BE FILLED BY PARENTS/GUARDIANS		
<input type="checkbox"/> I give permission <input type="checkbox"/> I do not give permission		
For my child _____ to attend the field trip to _____ on _____ <div style="display: flex; justify-content: space-between; width: 100%;"> <small>(Full Name of the Child)</small> <small>(Destination)</small> </div> <div style="display: flex; justify-content: space-between; width: 100%;"> <small>(Date)</small> </div>		
In case of an emergency, I give permission for my child to receive medical treatment. In case of such an emergency, please contact:		
_____ <small>(Full Name)*</small>	_____ <small>(Phone Number)*</small>	_____ <small>(Relationship)*</small>
_____ <small>(Full Name)</small>	_____ <small>(Phone Number)</small>	_____ <small>(Relationship)</small>
_____ <small>(Parent/Guardian Signature)*</small>	_____ <small>(Date)*</small>	<input type="checkbox"/> I would like to be a chaperone
_____ <small>(Parent/Guardian Signature)</small>	_____ <small>(Date)</small>	<input type="checkbox"/> I would like to be a chaperone