



ANNUAL PROGRAMMING

With FitSpirit, you have all the flexibility you need to build a program that perfectly matches the characteristics of your school.

Ideally, we encourage schools to offer challenging activities to teenage girls on a regular basis and throughout the school year, but it's up to you to determine the frequency and type of activities that suit your school organization.











LACKING INSPIRATION OR LOOKING FOR NEW IDEAS?

Here are some ideas to help you build your annual program!

- Check out all the tools available in the **Girls tab** of our website, as well as the activity directory [available on your portal](#).
- Involve the student-leaders in the development of the program.
- Survey the participants (e.g., with a suggestion box on your desk).
- Contact your **FitSpirit coordinator** who can suggest activities in your area.
- Check the availability of your facility's facilities, but offer outdoor activities as often as possible.

IT'S UP TO YOU!

EXAMPLE OF ANNUAL PROGRAMMING

<h2>SEPTEMBER</h2>  <p>IMPORTANT DATE <u>Start registration</u></p>	<h2>OCTOBER</h2>  <p>CARDIO/MUSCU CAPSULE <u>Once a week</u></p>  <p>SPORTS ACTIVITY <u>Once a week</u></p>	<h2>NOVEMBER</h2>  <p>EVENT <u>FitSpirit Routes</u></p>  <p>CAPSULE DANCE <u>Once a week</u></p>  <p>ACTIVE PLAY <u>Once a week</u></p>
<h2>DECEMBER</h2>  <p>AMBASSADOR VISIT <u>To be scheduled</u></p>  <p>CARDIO/MUSCU CAPSULE <u>Once a week</u></p>  <p>SOCIAL ACTIVITY <u>Once a month</u></p>	<h2>JANUARY</h2>  <p>YOGA CAPSULE <u>Once a week</u></p>  <p>SPORTS ACTIVITY <u>Once a week</u></p>  <p>OUTDOOR ACTIVITY <u>Once a month</u></p>	<h2>FEBRUARY</h2>  <p>AMBASSADOR VISIT <u>To be planned</u></p>  <p>CARDIO/MUSCU CAPSULE <u>Once a week</u></p>  <p>ACTIVE GAME <u>Once a week</u></p>
<h2>MARCH</h2>  <p>TRAINING PROGRAM <u>Twice a week</u></p>  <p>SPORTS ACTIVITY <u>Once a week</u></p>	<h2>APRIL</h2>  <p>AMBASSADOR VISIT <u>To be planned</u></p>  <p>TRAINING PROGRAM <u>Twice a week</u></p>	<h2>MAY</h2>  <p>TRAINING PROGRAM <u>Twice a week</u></p>  <p>EVENT <u>Celebrations</u></p>
<h2>JUNE</h2>  <p>OUTDOOR ACTIVITY <u>Once a month</u></p>  <p>SOCIAL ACTIVITY <u>Once a month</u></p>	<p>This example of annual programming is presented as an indication.</p> <p>FITSPIRIT</p>	