



**ARGYLE**  
CENTRAL SCHOOL

August 2, 2022

Dear Students, Parents and Guardians:

The Argyle Central School District is pleased to announce a new course offering within the physical education department beginning this September. Students in high school (grades 9-12) will be offered the opportunity to select a new elective called Advanced Physical Education. This class will replace the regular physical education for students who have a special interest in learning the fundamental skills of weight training for personal fitness through hands-on experience, participation, and guidance. The course will provide information, techniques and practices to help prevent injuries, increase muscular strength and endurance and increase mobility and flexibility. Students will be required to show proper progression in strength and conditioning throughout the course. The class will meet primarily in the fitness center but will occasionally use the adjoining gym for plyometric and speed conditioning.

If you would like to be considered in participating in this class, I would ask that you contact Mrs. Beck at [beck\\_k@argylecsd.org](mailto:beck_k@argylecsd.org) **Please be mindful that this class will only be offered one or two periods per day and may not fit into your child's schedule this year. We need to know of your interest by August 10, 2022.**

If you have any questions about this new offering, please contact me at (518) 638-8243 (ext. 505) and I will provide you additional information about this class.

I wish all of you an enjoyable remainder of your summer vacation.

Sincerely,

Mark E. Doody  
Interim Jr/Sr High Principal