BRIARCLIFF HIGH SCHOOL
SENIOR ALTERNATIVE PROGRAM
DESCRIPTION &GOALS

Program description/goals – please include definitive details of your project and your desired outcome (i.e. I will go to NYSC 3 days a week and take of variety of Pilates, yoga and kick boxing classes. I hope to improve my cardiovascular endurance, build core strength and muscle tone.)

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Student Signature_____

Parent/guardian signature_____

Date_____

Physical Education teacher signature_____