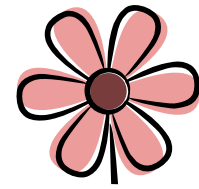




# Cardinal Muscle Monday School Newsletter April 2026



## Reminders

All of our activities are outdoors this time of year. Please make sure your child is dressed to play and explore outside.

### Swimming

Please send your child to school with their bathingsuit under their clothes. In a bag please send underwear and a towel.

### Important!!!

We have a lot of students coming to Monday School who have not been signed up online. This causes issues with lunches and tickets. We do not want to turn any student away so it is very important that they are signed up prior to each trip. It is assumed that if your child is signed up they have permission to go on the trip. So, if you don't see a permission slip to sign it is ok.

### April Trips

**April 6th**-Swimming at the Indianola Fitness Center

**April 13th**-

*Middle School*-Top Golf-Des Moines

*Elementary*-Music Fun in the morning at South Elementary and Nine Eagles in the afternoon

**April 27th**

K - 3 Winterset Park

4 - 6 Taylor County Park

### Upcoming Events

May 4th-Civic Center

May 18th-TBD

