

24th November 2025



Dear Parent,

We are pleased to inform you that your child has the opportunity to participate in Insanity HIIT Training sessions as part of our enrichment and wellbeing programme. These sessions will be delivered by a fully qualified and insured Insanity instructor, ensuring a safe and engaging experience for all students.

Session Details

Location: Vega College

Day: Wednesdays

Time: 13:30pm – 14:15pm

The first session is due to take place on 26.11.2025.

The Insanity HIIT programme is a high-intensity interval training workout designed to improve cardiovascular fitness, strength, and overall wellbeing. While the sessions are challenging, they are suitable for all fitness levels and will be adapted as needed for individual students.

Student Requirements

To participate safely, students must attend in appropriate sportswear, such as:

- Tracksuit or sports leggings
- Shorts
- T-shirt or sports top
- Trainers
- Small Towel (Optional)

If you are happy for your child to take part in these sessions, please complete and return the attached consent slip by 26.11.2025.

If you have any questions or require further information, please feel free to contact us.

Yours sincerely,

A handwritten signature in black ink, appearing to read 'J. Self', with a long horizontal stroke extending to the right.

Mr J Self
Teacher of Science and Careers Lead



Parent Consent Form – Insanity HIIT Training

Student Name: _____

Year Group: _____

I give permission for my child to participate in the Insanity HIIT Training sessions at Vega College on Wednesdays, 13:30pm–14:15pm.

I confirm that my child is fit to take part in physical activity of this nature.

Any relevant medical information the instructor should be aware of:

Parent Signature: _____

Date: _____