

# Memorandum of Understanding

Date: December 17, 2025

## Parties Involved

This Memorandum of Understanding (MOU) is entered into by and between:

Forrest Bird Charter School  
615 South Madison, Sandpoint, ID 83864

Sandpoint Strength and Conditioning

## Purpose

The purpose of this MOU is to outline the mutual understanding and intentions of the parties regarding a partnership between Forrest Bird Charter School and Sandpoint Strength and Condition to establish a program for high school students to participate and have opportunities for physical fitness instruction within their Lifetime Fitness class.

## Terms and Conditions

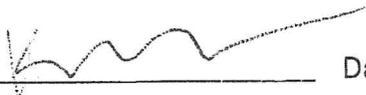
1. Forrest Bird Charter School shall pay \$1,500 to Sandpoint Strength and Conditioning
2. Sandpoint Strength and Conditioning shall provide Forrest Bird Charter School students with 8 hours of instructional gym and exercise time at their facility
3. Amendments: Any amendments to this MOU must be written and signed by both parties.

## Duration

This MOU shall commence on January 26<sup>th</sup>, 2026, and will consist of eight sessions at Sandpoint Strength and Conditioning. This MOU will remain in effect until May 29<sup>th</sup>, 2026, unless terminated earlier by mutual agreement.

## Signatures

Forrest Bird Charter School  \_\_\_\_\_ Date: 1/20/26

Sandpoint Strength and Conditioning  \_\_\_\_\_ Date: 1/13/26