

After School Fitness Program TC West Middle School

We are proud to be able to offer an after school fitness program for this school year at Traverse City West Middle School. There will be 3 six-week sessions with the first session beginning in November. Session III will be mostly outdoor winter activities.

Jason Morrow, Middle School Physical Education Teacher and Assistant Varsity Football Coach along with Blake Vance, Middle School Physical Education Teacher will be directing the program.

The Three sessions will be as follows:

Session I - November 8th, 2010 to December 20th, 2010

Session II - January 4th, 2011 to February 12th, 2011

Session III - February 15th, 2011 to March 21st, 2011 (winter sports activities)

Any make-up days will occur at the end of each session.

Program Details:

- Meets 2 days a week for 6 weeks after school.
- Tues/Thurs 2:45 – 4:15 PM
- Cost: \$20 each session payable to “TCAPS” ***(\$50 for all three)***
- Permission Slip required (staff has extra forms)

Possible Activities:

- President’s Challenge Physical Fitness Program
- Climbing Wall
- Spinning and Treadmill Workouts
- Tag Games
- Outdoor Activities
- Outdoor Winter Activities
- Cardio Workouts with Heart Rate Monitors

Contact information:

Jason Morrow: 933-8341, morrowja@tcaps.net

Blake Vance: 933-8295, vancebl@tcaps.net

We look forward to a fun fitness experience!