



TRAVERSE CITY WEST TITANS

After School 6th - 8th Grade Fitness Program

We are proud to be able to offer an after school fitness program for this school year at Traverse City West Middle School.

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

The program will start the week of February 15th and will run for 6 weeks.

Any make-ups will occur at the end of the session.

Program Details:

- Meets 2/days week for 6 weeks after school.
- Tues/Thurs 3:00 – 4:30 PM
- Cost: \$20 payable to "TCAPS"
- 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 (Sledding, Snowshoeing, Nordic Skiing)
- Cardio Workouts with Heart Rate Monitors

Contact information:

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

We look forward to a fun fitness experience!