

After School 6th, 7th and 8th Grade Fitness Program **TC West Middle School**

We are happy 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 will be directing the program.

The Program will start Tuesday, November 10th and will run for 6 weeks through Tuesday, December 22nd 2009.

Program Details:

- Meets 2/days week for 6 weeks after school.
- Tues/Thurs 2:45 – 4:15 PM
- Cost: \$20 payable to “TCAPS”
- Permission Slip required (grade wing office and staff have forms)

Possible Activities:

- President’s Challenge Physical Fitness Program
- Climbing Wall
- Spinning and Treadmill Workouts
- Tag Games
- Team Games
- Cardio Workouts with Heart Rate Monitors
- Resistance Training

Contact information:

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

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

We look forward to a fun fitness experience!