

Fall 2017

TOTAL TREK QUEST

Practices begin
the week of
September 11
Space is limited!
Register Today!

TTQ is a fun, high energy program designed exclusively for boys in 3rd-5th grade! TTQ incorporates strength and stretching exercises with training for a 5K. Boys will develop positive peer relationships and feel a part of a team while working toward individual goals. Additional practice activities focus on developing a healthy lifestyle, social/relationship skills, how to make healthy decisions, and being proud of who they are.

Free Fall Kickoff Event Saturday, September 9 10:00am-12:00pm

Kangaroo Palace
3524 Green Street
Norton Shores, MI 49444
OR

The Lost City
12350 James Street
Holland, MI 49424
Free/Unlimited Laser Tag, Mini
Bowling, and Mini Golf

***These events are for all Fall TTQ participants and their families. Boys must be accompanied by adult.**

PARENTS

Please plan to attend a parent information meeting during the last 15 minutes of your son's first practice to meet the coaches and learn pertinent information about the TTQ program.

- Practices last for 90 minutes immediately following school dismissal. Program includes the kick-off event, 18 practice sessions, and the final event.
- Included during practices: healthy snack, games, strength and stretching exercises, and RUNNING. Please send water bottles and athletic clothes that are weather appropriate!
- Participants will learn healthy habits, how to set goals, and to develop their individuality.
- A healthy snack will be provided! Snack donations are appreciated.
- Final event will be a 5K run on Saturday, November 11. Registration for TTQ boys and coaches included. Parents, family and friends encouraged to participate. Details to come later in the season.
- Total Trek Quest programs are coached by committed adult volunteers, who have completed program training, CPR/First Aid certification, central registry clearance and background checks. Coaches are always needed; please consider being a coach for your son's team!
- If school is cancelled for any reason, TTQ will also be cancelled that day.

Cost is \$40.00, but scholarships are available. Late registration may also be accepted. For more information or questions contact: Brandon Melnyk at 616-396-2301 x132 or bmelnk@arborcircle.org

****Download registration form at:** <http://pathwaysmi.org/strengthening-youth/total-trek-quest>



~ Practices begin promptly at the end of the school day and last for 90 minutes ~
Practices will begin the week of September 11!

Boys will meet outside the school office at the program location for the first practice.

~Tentative Fall Teams~

We are still in the process of recruiting coaches for many of these teams.

BE A COACH! Let us know if you'd like to coach your son's team!

Burton Elementary practice days TBD
Congress Elementary-practice days TBD

Boys will be registered on a first come first serve basis, and may be put on a wait list. Wait lists are developed depending on team size, and the availability of coaches.

TTQ reserves the right to cancel TTQ teams in which less than 5 participants are registered by September 9. In the event that Pathways, A Program of Arbor Circle cancels a team, refunds will be given.

The final 5K run will be on Saturday, November 11 (location yet to be determined). Additional details will be provided during the season, including through newsletters which will be sent out via email or available at the Pathways, A Program of Arbor Circle website:

<http://pathwaysmi.org/strengthening-youth/total-trek-quest>

\$5 off!

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Please use this coupon for \$5 off the \$40 registration fee for the Fall 2017 season-we MUST receive the registration form with the coupon!

**TOTAL
TREK
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Expires **9/4/17**

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