TTQ Fall 2024 Season

This fall, the TTQ program is coming back to schools. TTQ is a fun, high energy after school program designed exclusively for boys in 3rd-5th grade; it incorporates strength and stretching exercises with training for a 5K. Participants in the program will develop positive peer relationships and feel part of a team while working toward individual goals. Additional practice activities focus on developing a healthy lifestyle and resisting peer pressure. The Fall season begins the week of September 9th, with our final 5K on November 9th. Registration opens 5/30/24.

ttq Fall registration:Allegan/Ottawa

https://www.pinwheel.us/register/index/AOFall2024

registration fees:

$50/child: Scholarships are available by contacting Drew at aharmon@arborcircle.org or 616-485-9481

Fall program includes:

- 2 practices a week, held right after school. Practices include a healthy snack, activities, warm up exercises, and 5k training
**Note: if school is canceled, or there is a half day of school, TTQ is also canceled.
- A free family kickoff event
- A program Tshirt for race day
- A 5k event to end the fall season on Saturday, 11/9/24
- The 5K is free and open to all family members

Questions? Contact the TTQ team at ttq@arborcircle.org

support for ttq provided by:

TTQ is a program of:

arbor circle

United Way Greater Ottawa County United Way

meijer

LAKESHORE REGIONAL ENTITY

MSHN Mid-State Health Network

headway Substance Abuse Prevention Coalition

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