TTQ Spring 2023 Season

This spring, the TTQ program is coming back to schools. TTQ is a fun, high energy after school program designed exclusively for male-identifiying students 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 Spring season begins the week of March 13th, with our final 5K on May 20th.

ttq spring registration:Allegan/Ottawa

https://www.pinwheel.us/register/index/AOSpring23

registration fees:

$45/child: Scholarships are available by contacting Drew at aharmon@arborcircle.org or 616-485-9481

Spring 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 focused kickoff event
- A program Tshirt for race day
- A 5k event to end the spring season on Saturday, 5/20/23
- The 5K is free and open to all family members

Questions? Contact Drew at aharmon@arborcircle.org

support for ttq provided by:

TTQ is a program of:

arbor circle

LAKESHORE REGIONAL ENTITY

United Way Greater Ottawa County United Way

GENTEX CORPORATION

Community Action Allegan County

United Way Allegan County United Way and Volunteer Center

Allegan County Community Foundation

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