

# TOTAL TREK QUEST



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 in this program 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.

**Register online at:**

[www.raceplanner.com/register/index/TTQSpring19AO](http://www.raceplanner.com/register/index/TTQSpring19AO)

Cost is \$45.00, scholarships are available. If you have any questions, or concerns regarding the online registration process, or need a scholarship, please contact Brandon Melnyk at 616-450-4651 or [bmelnyk@arborcircle.org](mailto:bmelnyk@arborcircle.org)

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## **FREE Kick Off Event**

**The Lost City**—12350 James Street, Holland MI 49424

**Saturday, February 16th from 10am-Noon**

**Unlimited Laser Tag, Mini Golf, and Mini Bowling**

For all Spring TTQ participants and their families.

\*Boys must be accompanied by an adult\*

- ◆ Practices last for 90 minutes immediately after school . Program includes the kick-off event, 18 practices, and the final event.
- ◆ Included during practices: a healthy snack, games, strength and stretching exercises, and running. Please send water bottles and weather appropriate athletic clothes!
- ◆ Final Event will be the Tulip Time Run on Saturday, May 4. Registration for TTQ boys is included in the program. Parents and friends are encouraged to participate.
- ◆ Total Trek Quest is coached by adults who have completed program training, CPR/ First Aid certification, central registry clearance and background checks. Coaches are always needed, please consider being a coach!



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**Be sure to check our Facebook page and website as we add more schools: Total Trek Quest-TTQ**

Innocademy will have their practices

**Tuesdays/Thursdays** from 3:45-5:15. Boys, and coaches are to meet in the “Café Corner” to begin practice.

**Parents:** Please plan on attending an informational meeting during the first practice, where you’ll meet the coaches, and learn more about TTQ.

