



BCMS

Summer Fitness Program

2025



Who Should Join?

Open to any Buffalo Hanover Montrose student entering grades 5-8 in the fall of 2025 that is seriously interested in improving their athletic abilities.

Program Dates/Times

Tuesday, Wednesday & Thursday

Session 1: 8am - 9am

Session 2: 9am - 10am

(same skill level for each session)

- Week 1: June 10-12
- Week 2: June 17-19
- Week 3: June 24-26
- Week 4: July 8-10
- Week 5: July 15-17
- Week 6: July 22-24



Location: Buffalo Community Middle School Weight Room. The gym and outdoor spaces will also be used on a daily basis.

Registration Information

Register online through the Parent Portal via the School Store.

The cost to participate is \$125.

Deadline: Registration closes on Monday, June 2. Please Register prior to this date in order to reserve your spot!

All students participating in the Summer Fitness Program must have a current Sports Qualifying Physical on file with the Activities Office.

****All students who register will receive a t-shirt!**

Program Highlights and Goals

- Learn the basics of Triphasic training to get better at your sport or activity by building speed and power.
- Practice teamwork, sportsmanship, and have fun playing indoor and outdoor games.
- Workout with bodyweight exercises, free weights, barbells, and *Bodymotion* Weight Training Machines!
- Keep middle school students active and in shape during the summer months.
- Provide a fun, positive environment for students to work with their peers.

Staff Information

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