


## FEBRUARY WEIGHTLIFTING SCHEDULE – GRADE 6

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>1<sup>st</sup></b>  BOYS & GIRLS Weightlifting 3:30 – 4:30	<b>2<sup>nd</sup></b>
<b>3<sup>rd</sup></b>	<b>4<sup>th</sup></b>  GIRLS Weightlifting 3:30 – 4:30	<b>5<sup>th</sup></b>	<b>6<sup>th</sup></b>  BOYS Weightlifting 3:30 – 4:30	<b>7<sup>th</sup></b>  GIRLS Weightlifting 3:30 – 4:30	<b>8<sup>th</sup></b>	<b>9<sup>th</sup></b>
<b>10<sup>th</sup></b>	<b>11<sup>th</sup></b>	<b>12<sup>th</sup></b>  BOYS Weightlifting 3:30 – 4:30	<b>13<sup>th</sup></b>  GIRLS Weightlifting 3:30 – 4:30	<b>14<sup>th</sup></b>  BOYS & GIRLS Weightlifting 3:30 – 4:30  <b>*FINAL SESSION                      OF GRADE 6                      WEIGHTLIFTING*</b>	<b>15<sup>th</sup></b>	<b>16<sup>th</sup></b>  

**TEN Parents** – Thank you for allowing your 6<sup>th</sup> grade son/daughter to participate in our winter weightlifting program. Our attendance rate has been exceptionally high – the vast majority of TEN 6<sup>th</sup> graders attended. They learned so much! I encourage your son/daughter to continue their weightlifting lessons with me during the 2019 summer. In May, I will distribute information on our summer weightlifting program.

**Mr. Kevin Poswilko, TCS Physical Education Teacher**