

# L.A. Ainger Middle School Intramurals



**Cougar Fitness Center – Fitness Training**

**Contact: Coach Stier for more information**

**Who:** Any 6th, 7th, or 8th grade Ainger Student

**What:** An intramural program to learn or participate in Fitness Training

**Where:** L.A. Ainger – Cougar Fitness Center

**When:** 4:15 - 5:30 Tuesdays, Wednesdays, and Thursdays  
(EXCEPT activity days or non-school days)

*Start Date: August 20th*  
*End Date: September 26th*  
&  
*Start Date: January 7<sup>th</sup>*  
*End Date: February 19th*



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**Return to Coach Stier or the Main Office**

I give permission for my student, \_\_\_\_\_ to participate in the above intramural program. I understand/agree to pick-up my student from this activity no later than 5:30.

Parent/guardian name (printed): \_\_\_\_\_

Parent/guardian signature: \_\_\_\_\_

Emergency contact number: \_\_\_\_\_