



# Buffalo Community Middle School SUMMER FITNESS PROGRAM

For BHM students entering grades 5-8 in the fall of 2026



## DATES/TIMES

**Tuesday, Wednesday & Thursday**

Session 1: **8 - 9 AM**

Session 2: **9 - 10 AM**

(same skill level for each session)

**Week 1: June 9, 10, 11**

**Week 2: June 16, 17, 18**

**Week 3: June 23, 24, 25**

**Week 4: June 30, July 1, 2**

**Week 5: July 14, 15, 16**

**Week 6: July 21, 22, 23**



## REGISTRATION

Register online through the Parent Portal via the School Store.

The cost to participate is **\$100**.

**Deadline:** Registration closes on **Monday, June 1**. Register early to secure your spot!

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



## LOCATION

**BCMS Weight Room**

The gym and outdoor spaces will also be used on a daily basis.



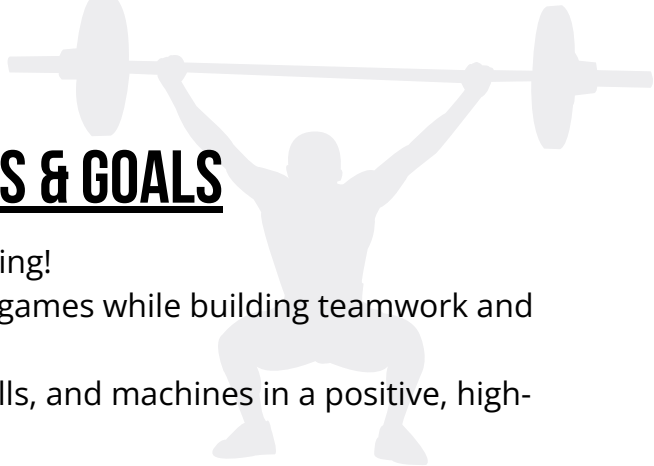
## STAFF INFORMATION

**Caleb Quernemoen**

[cquernemoen@bhmschools.org](mailto:cquernemoen@bhmschools.org)



## PROGRAM HIGHLIGHTS & GOALS

- 
- Boost speed, strength, and power with Triphasic training!
  - Stay active this summer with fun indoor and outdoor games while building teamwork and sportsmanship.
  - Train using bodyweight exercises, free weights, barbells, and machines in a positive, high-energy environment.
  - Perfect for middle school students looking to stay fit, make friends, and have fun!