

# 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 - 5:15 on Tuesdays & Thursdays  
(EXCEPT activity days or non-school days)

*Start Date: March 5<sup>th</sup>*

*End Date: May 16<sup>th</sup>*

**(closed during spring break)**



---

**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:** \_\_\_\_\_