

TCA OPEN GYM DAYS & HOURS

During the school year TCA will have open gyms that are open to all students at TCA during the following days and times listed below. Different activities will be offered during the open gyms. All students must have a completed signed permission form by their parents/guardians before they are allowed to participate. This form was sent home, and is also posted on the TCA website in the Athletics section. See link below to access form.

<https://d2wldr9tsuuj1b.cloudfront.net/14114/documents/2019/9/Weight%20Lifting%20%20Strength%20%20Conditioning%20%20Open%20Gym%20Permission%20Forms.pdf>

Note: On all Half Days and Early dismissals the weight room and all after school Strength & Conditioning and Open Gyms will be closed/canceled. Go Iron Mikes!!!

EVERYDAY MONDAY-FRIDAY

2:30PM-4:30PM

