

TCA WEIGHT ROOM DAYS & HOURS

During the school year the weight room will be open to all students during the following days and times listed below. 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-5:00PM

