

TIGER WELLNESS

Riverside University High School is the first high school in Milwaukee to receive funding to improve the overall health and wellness of our youth, their families and community members in the areas of physical activity and nutrition. We have fitness programs afterschool in swing dance, biking, boot camps, canoeing, cross country ski, power walking, rock climbing, snow shoeing, table tennis, triathlon training, yoga, and zumba and many more exciting activities.

We want to be leaders in assisting members of the Riverside community in their development of healthy lifestyles. Our promise to Riverside teens, their families and the community is to:

Increase the variety of physical activities afterschool

Increase personal fitness levels

Help individuals prevent and reduce obesity and diabetes

Provide healthy lifestyles and nutritional support

NOTE: All activities start after school at 3:30 unless otherwise noted. All participants must be CLC registered!

YEAR ROUND ACTIVITIES

	Meeting	Where	Dates	Staff in charge
Boot Camps	Mon. & Wed.	cafe	yearly	Ms. Bauer
Wellness Center	Tues. – Thurs.	153	yearly	Ms. Kutcher
Womens Fitness	Fridays	cafe	yearly	Ms. Berg
Yoga (adults)	Wednesdays 4:15 pm	25	yearly	Mr. Zettel

FALL ACTIVITIES

	Meeting	Where	Dates	Staff in charge
Adventure Rock	Tues.	Adventure Rock	Oct./Nov.	Ms. Morgan
Biking	Tues. & Thurs.	174	Sept. – Nov.	Mr. Zettel

WINTER ACTIVITIES

	Meeting	Where	Dates	Staff in charge
Snow shoe	Mon/Fri	161	weather	Mr. Zettel
Cross Country ski	Mon/Fri	161	permitting	Mr. Zettel
Table Tennis	Thurs.	174	Feb. – March	Mr. Garvey
Adult Swim	Thurs. 6:00 -7:00 am	pool	Jan -March	Mr. Zettel

SPRING ACTIVITIES

	Meeting	Where	Dates	Staff in charge
Biking	Tues. & Thurs.	174	Mar. - May	Mr. Zettel
Flight for Air	Thurs.	hallways	March	Ms. Bart
Swim	Mon. & Wed.	Pool	Mar. – May	Ms. Gerszewski

BIKING TRIPS (throughout fall and spring)

Wauwatosa

Cedarburg

Milwaukee Lake Front

Any questions about the afterschool Tiger Wellness please see Mr. Zettel in room 174.