

Berrien Springs Partnership Lab Syllabus and Instructor Qualifications

LABS (CLASSES) ARE PROVIDED AS AN EDUCATIONAL SOURCE FOR PBL (PROJECT BASED LEARNING)

COMMUNITY CLASS TITLE: Fort Miami CrossFit Teens

GRADE OR AGE LEVELS:

Ages 12 - 17

FORMAT: IN-PERSON ONLINE FLEXIBLE DAY AND TIME OF THE WEEK:

Format: In Person

Week Off: Dec. 22nd to Dec. 26th (may still attend classes if they want)

Time of the Week: Monday, Wednesday, Friday from 3:45pm to 4:30pm

Start Date: September 8th, 2025 - End Date: January 9th, 2026

TOTAL REQUIRED HRS: 45 min class x 2 times week x 17 weeks = 1530 hours

ADD'L POSSIBLE HRS (OPTIONAL TIME): 45 min class x 3 times week x 18 weeks

TOTAL SEMESTER HOURS POSSIBLE: 2430 hours total

LOCATION: 3905 M-139 Suite #101 St Joseph, MI 49085

INSTRUCTOR:

Main Instructor: Jenn Garrity - Background Checked Completed

Substitute Instructors: Italo Pereira - Background Checked Completed

CONTACT INFORMATION:

phone: 269-408-3055

email: frontdesk@fortmiamicrosfit.com

website: <https://fortmiamicrosfit.com/>

ADDITIONAL REGISTRATION AT SITE REQUIRED? YES NO

IF YES, INSTRUCTIONS FOR REGISTRATION: A waiver that needs to be completed by their legal guardian will be sent out via email a week before to all registered students for them to bring to their first class.

INSTRUCTOR QUALIFICATIONS (may attach a separate page if necessary): Jenn is CrossFit Level 2 Certified, Kids CrossFit Certified, as well as First Aid/CPR Certified. She runs our Teens and Kids Crossfit Classes and Camps for the last 5 years. Jenn also coaches Swim classes at the YMCA. She is a Triathlete as well.

COURSE DESCRIPTION (OVERVIEW): Crossfit Teens is a strength and conditioning program designed for both athletes and non athletes ranging from 12-17. The program combines age appropriate weightlifting and

gymnastics with high intensity training to deliver optimal fitness and performance as well as to establish a lifetime love of fitness.

SYLLABUS/OUTLINE: WEEKLY BREAKDOWN OF PROJECT-BASED LEARNING LAB ACTIVITIES

Each day you can expect to move through about 5-15 minutes of a warmup followed by a skill or strength section before moving into whatever the workout is programmed for the day. Every day is different, so there is constant variety for the teens to develop strong skills.

COURSE OBJECTIVES AND APPROXIMATE TARGET DATES:

Our end objective is for each teen to develop a love for good habits and fitness. For each of them to see their growth they have made in such a short time.

STUDENT ASSESSMENT - what will be used to evaluate student progress and/or end of semester pass/fail status?

- 1) Students agree to attend at least 80% of class sessions/lessons offered. Attendance is kept online and tracked by Partnership staff. Failure to meet 80% or be on track to meet 80% may result in program discontinuation.
- 2) The Partnership Student Assessment or Performance Form is filled out by the teacher and turned into Partnership staff. The link to this form is found on the web page for this class. Failing marks for lack of participation, behavior issues, practice time, etc. may result in program discontinuation.

Class-specific assessment: discuss and include the form or a link to the form that you use.

ADDITIONAL RESOURCES: (online, books, video, etc.): NA

CLASS POLICIES: ATTENDANCE, BEHAVIOR, WEATHER, ETC.

Attendance: 2 classes per week are required

Weather: We rarely ever cancel a class due to weather. They will be contacted via email and phone if we need to cancel a class.

Behavior: We first speak to the teen about behavior. If not resolved they will be warned and followed up with their parents. Next would be possible termination of program