


# WEST VALLEY COMMUNITY NEWS
# APRIL 10, 2026







**FLATHEAD VALLEY LITTLE GUY FOOTBALL**

******** 2026 SEASON SIGN-UPS ********

**ON-LINE REGISTRATION ONLY**

**See www.flatheadvalleyfootball.com For Details**

**Website registration opens 3/6/2026, and closes 5/15/2026**

*Must be in 4th, 5th, or 6th grade next school year (Fall 2026)

*$175.00 player fee required to be paid online at time of sign-up. There will be an option to include your name on your jersey and keep your jersey for an additional fee.

*You must sign-up during this time. There will be NO LATE SIGN-UPS!

*The season runs from mid-August through mid-October. See website for important dates.

- Everybody plays, so tell your friends about sign-ups

*Any questions visit www.flatheadvalleyfootball.com
***If you are interested in coaching – Please apply on our website**

**WV COMMUNITY FITNESS -** *For teachers and community members*
Get your Monday workout done right here at the school! Please join us on Mondays from 4:00-5:00 in the elementary cafeteria (unless told otherwise) for some strength training/fat burning/overall healthy fun!
Classes will vary and will be determined by class interest: High Intensity Interval Training HIIT, TRX bands, Free Weights, Fitness Balls, Pilates, Circuit Training, Cardio Boxing, Cardio Pump, Step Class, Stretching, Fitness Bands, Foam Rollers, Booty Barre, Zumba, Dance Aerobics, Core, and more!
Low impact needs and modifications are always provided. Remember it is FREE! So bring a friend, family, or community member. If you have any questions or concerns please let me know. Please email me to let me know if you plan on attending, tmeasure@westvalleyschool.com.
Looking forward to seeing you there, Tara Measure, PE Specialist/Fitness Instructor




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