What is a physical activity club?

Your high schools physical activity club is an after-school program that provides an environment where you can be physically active in a non-competitive, safe and supervised setting. You will also learn about healthy eating, participate in character development activities and improve violence prevention skills. Physical Activity Clubs (PAC) will be offered at least twice weekly at 13 high schools in Detroit and your school has been selected as one of them! This club is meant to belong to you and take your interests and thoughts about activities into consideration. Thank you for your interest and we hope to see you at the club so you can achieve your personal and group goals!