

SUMMER TRAINING

SCHEDULE

WHEN: EVERY MON, WED, FRI

TIME: MORNING LIFT = 10AM-12PM

EVENING LIFT = 6:30PM-8PM

WHERE: HIGH SCHOOL WEIGHT ROOM

- ***ENTER THROUGH THE DOWNSTAIRS DOOR ON THE BACKSIDE OF THE BUILDING.***

****DEAD PERIODS DURING THE SUMMER****

(NO LIFTING DURING THESE DATES)

JUNE 27TH – JULY 5TH

AUGUST 1ST – AUGUST 9TH

REMINDERS

***HS FOOTBALL CAMP JULY 29TH-31ST FROM 5:30-8:30PM**

***DOUBLES START AUGUST 10TH**