



# Stay Strong

***Stay Strong This Summer!***

**June 1st thru July 30th**

**Monday-Thursday**

Offering 3 different sessions.

9th-12th grade will earn a 0.25 gym credit if 30hrs are completed!

## ***Session #1***



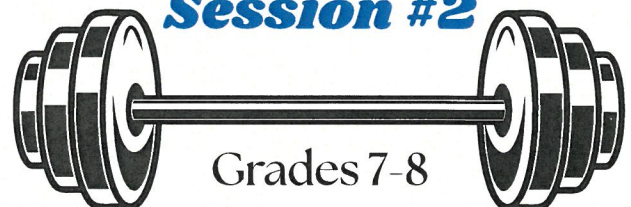
Grades 9-12

Open Weight Room

Time: 7am-8am

Advisor: Coach Hauke

## ***Session #2***



Grades 7-8

Intro to Strength & Conditioning

Time: 8am-9am

Advisor: Coach Hauke

## ***Session #3***



Grades 7-12

Strength & Conditioning

Time: 5:30pm-6:45pm

Advisor: Coach Rayles

