

SUMMER WEIGHTROOM HOURS:

UPPER SCHOOL: 9:00-11:30 AND 4:00-7:00 M-F JUNE 14 - AUGUST 17

MIDDLE SCHOOL: 12:30- 1:45 M,W &F

JUNE 30- AUGUST 11

STRENGTH & CONDITIONING SESSIONS

BEGIN AT 9:00 and 4:30 JUNE 14- AUGUST 17

**Alumni: Please come after 10:30 in the morning session and after 5:45 in the afternoon sessions.
Wednesdays, alumni are welcome at all times that the room is open.**