

Summer Weights and Conditioning			
Weekly	Monday-Thursday	Monday, Wed -Lower	Tuesday, Thurs- Upper
<u>Time</u>	<u>Group</u>		<u>Gym / Field / (location)</u>
Mon, Tues, Wed, Thurs - Weights 6: 30-7:30am	Girls	Weights	Tuesday Thurs Volleyball 7:30-10:00 AM
			Tuesday Thurs Girls Basketball 10:00am - 12:00pm
7:30-8:30am	Sport Boys	Weights	Evenings and other venues
			Evenings and other venues
8:00-8:30 am	Football (UPPER CLASSMEN)	Agility	Field / Gym
8:30-9:30		Weights	Weight room
9:00-9:30 AM	Football (UNDER CLASSMEN)	Agility	Field / Gym
9:30-10:15 AM		Weights	Weight room
5:15 - 6:30 PM	Swim		TUESDAY, THURSDAY's ONLY!
9 to 10:30 AM			SATURDAY ONLY!
Starts July 7th 8am -9am	Girls Soccer		TUESDAY AND THURSDAY's Location: LMS Weight room