

Dates & Times

May 28th – 30th Max Outs TBD

June 3rd – July 31st

NO lifting June 19th
NO lifting 7/1 through 7/5

11-12 Grade Boys

Mon / Tues / Wed / Thurs
7:00 – 8:30 a.m.
RHS weight room

9-10 Grade Boys

Mon / Tues / Wed / Thurs
8:00 – 9:30 a.m.
RHS weight room

9-12 Grade Girls

Mon / Tues / Wed / Thurs
9:30 – 10:30 a.m.
RHS weight room

Dates & Times

June 3rd – July 30th

NO lifting June 19th
NO lifting 7/1 through 7/5

6 - 8 Grade Boys

Monday / Wednesday
8:30 – 10:00 a.m.
RMS weight room

6 - 8 Grade Girls

Tuesday / Thursday
8:30 – 10:00 a.m.
RMS weight room