



Demon Speed & Strength Club

Fall 2024 – students in grades 3-6

Dover Intermediate: 4:30-5:30 P.M.

10/29, 11/05, 11/12, 11/19, 12/03, 12/10, 12/17

Is your child an aspiring athlete that wants to improve in a certain sport? Does your child have a desire to get stronger or faster? Or does your child just want to get some energy out and stay fit. If so, this is the class for your child! Kyle Harriger, Head Strength & Conditioning Coach at Olmsted Falls High School and Owner of *Harriger House Gym* located in Westlake wants your child to not only reach their fitness goals, but have fun doing it! With the use of age-appropriate drills, exercises and equipment, Coach Harriger will get your child ready for the upcoming season!

\$90.00 for Westlake Residents/\$100.00 for Non-Westlake Residents

If your student is enrolled in Project Link you may enroll via your [parent portal!](#)

Student's Name _____

Grade _____ School _____ Parent's Names _____

Address _____

Phone #1 _____ Phone #2 _____

Email Address _____

Please make checks/money orders payable to the Westlake Board of Education and submit at The Westlake City Schools Administration Building, or any school office or Project Link site. Credit card payments may be submitted via EZ Pay by clicking *Activity Fees* and *Project Link Enrichment*.

DS&S Fall 2024