

Pembroke Hill Summer Workouts 2026

May 27th - July 30th

Bellis Athletic Center - Weight Room

SUMMER HOURS

Mondays - Thursdays

(Tuesdays - Speed & Agility Focus)

8:30 - 9:30 a.m. | Session 1 | 9th & 10th Boys

9:30 - 10:30 a.m. | Session 2 | 11th & 12th Boys

10:30 - 11:30 a.m. | 9th - 12th Girls

No sign up necessary. Show up ready to train any time you're available. Welcome to all PHS Upper School students

Middle School Hours

Beginning June 1st

Monday and Wednesday

11:30 - 12:15