



# SUMMER STRENGTH & CONDITIONING PROGRAM

» A SUMMER PROGRAM DESIGNED FOR ALL STUDENTS. «

Improve strength, speed, agility, and overall fitness in a safe, structured, and motivating environment.

Open to Middle School Students, High School Student-Athletes, and General Fitness Participants.



#### GET STRONGER

Build strength and power with proper technique and athletic development.



#### MOVE FASTER

Improve speed, agility, and explosiveness to elevate performance.



#### STAY HEALTHY

Reduce injury risk, improve mobility, and build a strong foundation.



#### ACHIEVE YOUR GOALS

Set goals, build discipline, and create habits that lead to success.



#### FLEXIBLE TIMES

MULTIPLE SESSIONS THROUGHOUT THE WEEK

|           |                     |                     |                    |
|-----------|---------------------|---------------------|--------------------|
| MONDAY    | 11:00 AM – 12:00 PM | 12:00 PM – 1:00 PM  | 1:00 PM – 2:00 PM  |
| TUESDAY   | 10:00 AM – 11:00 AM | 11:00 AM – 12:00 PM | 12:00 PM – 1:00 PM |
| WEDNESDAY | 10:00 AM – 11:00 AM | 11:00 AM – 12:00 PM | 12:00 PM – 1:00 PM |
| THURSDAY  | 10:00 AM – 11:00 AM | 11:00 AM – 12:00 PM | 12:00 PM – 1:00 PM |



FINAL SESSION ASSIGNMENTS WILL BE DETERMINED BASED ON INTEREST AND SIGN-UPS.

**INTERESTED?**

SCAN THE QR CODE TO  
LET US KNOW YOU'RE INTERESTED!



**TRAIN HARD. MOVE BETTER. PERFORM FASTER.**

PATCHOGUE-MEDFORD ATHLETICS