

Dates & Times

May 22nd – 25th Max Outs TBD

June 5th – July 27th

NO lifting 7/3 through 7/7

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 5th – July 26th

NO lifting 7/3 through 7/7

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