Dates & Times

May $22^{nd} - 25^{th}$ Max Outs TBD June 5^{th} – July 27^{th} NO lifting 7/3 through 7/7

11-12 Grade Boys

$$\label{eq:monostate} \begin{split} &\text{Mon / Tues / Wed / Thurs} \\ &7:00-8:30 \ a.m. \end{split}$$
 RHS weight room

9-10 Grade Boys

$$\label{eq:monocondition} \begin{split} &\text{Mon / Tues / Wed / Thurs} \\ &8:00-9:30 \ a.m. \\ &\text{RHS weight room} \end{split}$$

9-12 Grade Girls

 $\begin{aligned} &\text{Mon / Tues / Wed / Thurs} \\ &9:30-10:30 \text{ a.m.} \\ &\text{RHS weight room} \end{aligned}$

Dates & Times

June 5th – July 26th NO lifting 7/3 through 7/7

6 - 8 Grade Boys

 $\label{eq:monday} \begin{tabular}{ll} Monday / Wednesday \\ 8:30-10:00 \ a.m. \\ RMS \ weight \ room \\ \end{tabular}$

6 - 8 Grade Girls

Tuesday / Thursday $8:30-10:00 \ a.m.$ RMS weight room