

A black and white photograph of a group of students running on a basketball court. The students are in motion, with some in the foreground and others further back. The court floor is visible, and the background shows a brick wall and a basketball hoop.

SUMMER HIGH SCHOOL WEIGHT ROOM 9TH GRADE

9TH GRADE SUMMER WEIGHT ROOM IS DESIGNED TO EXPOSE INCOMING HIGH SCHOOL STUDENTS TO THE MOVEMENT PATTERNS AND BASE LEVEL STRENGTH NEEDED TO BE SUCCESSFUL IN HIGH SCHOOL SPORTS. THIS IS A GREAT TIME TO WORK WITH HIGH SCHOOL COACHES THAT WILL BE COACHING YOU DURING YOUR HIGH SCHOOL CAREER.

LEXINGTON HIGH SCHOOL WEIGHT ROOM
MONDAY, TUESDAY & THURSDAY'S

MAY 30TH - JULY 24TH

6:50AM - 8:20AM

ALL SESSION HELD @ THE HIGH SCHOOL WEIGHT ROOM
MUST REGISTER FOR THE ABOVE TIME