

2022 SUMMER WEIGHTS

Monday, June 6th - July 29th

**KSHSAA MORATORIUM - July 4th - 10th
WEIGHT ROOM CLOSED**

MIDDLE SCHOOL

Monday/Wednesday/Friday

**9:00 am - 10:00 am - 8th Grade
10:00 am - 11:00 am - 7th Grade**

95% attendance earns a shirt