

Summer Weight Room Schedule

The weight room will be open Monday-Thursday from 9am-11am, starting on Monday, 6/13. All Heights students grades 8-12 are welcome. Each session will be supervised by Mr. Lively. Students without any experience in strength training will be given lessons on proper weightlifting technique.

During the weeks of 7/11 and 7/18, the weight room will be open from 7:30am-9am. The normal operating schedule will resume on Monday, 7/25.