

COLD SPRING HARBOR ATHLETIC DEPARTMENT

SUMMER WEIGHT ROOM SCHEDULE

GENERAL WEIGHT ROOM HOURS:

All Cold Spring Harbor Students are encouraged to attend.

“Strength and Conditioning Training”

- Preparation for all Athletes and Sports
- Preparation for a Healthy and Active Lifestyle

DATES:

- **JUNE 29TH 2015 THROUGH AUGUST 27TH 2015**
 - Mondays
 - Tuesdays
 - Thursdays

TIME:

- 9:00am to 10:30am

WEEK OF AUGUST 10TH THROUGH AUGUST 14TH

- Mondays, Tuesdays and Thursdays
- Time Change: 8:30am to 9:45am

“A COMMITMENT TO EXCELLENCE”