

2024 Spring High School Summer Workout Schedule

MUST HAVE A PHYSICAL ON FILE WITH THE TRAINER BEFORE COMING TO ANY WORKOUT

Strength and Conditioning/Volleyball Skills Dates:

Monday and Tuesday 6/17 and 6/18 9:00-11:00am

Monday and Tuesday 6/24 and 6/25 9:00-11:00am

Monday and Tuesday 7/1 and 7/2 9:00-11:00am

Monday and Tuesday 7/8 and 7/9 9:00-11:00am

Monday and Tuesday 7/15 and 7/16 9:00-11:00am

Monday and Tuesday 7/22 and 7/23 9:00-11:00am

Volleyball Camp Grades 6-9

Monday and Tuesday 7/29 and 7/30 8:00-11:00am

More Details to Come

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