

Attention Families:

Please take a minute to double check the dates and times of your child's summer school sports course.

Dates, times and locations should be as follows:

COURSE TITLE: Speed and Strength Youth Grades 7 & 8
LOCATION: Freedom High School Weight Room
DATES: June 10 – June 26 Monday and Wednesday FHS Weight Room
10:00 am - 11:00 am
TEACHER: Aurora Bay Care Strength & Conditioning Coaches and Trainers

COURSE TITLE: Speed and Strength Incoming Freshmen
LOCATION: Freedom High School Weight Room
DATES: June 10 – August 29 Monday - Thursday FHS Weight Room
TIMES: 8:30-9:30 am (Incoming Freshman)
TEACHER: Aurora Bay Care Strength & Conditioning Coaches and Trainers

COURSE TITLE: Speed and Strength So/Jr/Sr
LOCATION: Freedom High School Weight Room
DATES: June 10 - August 29 Monday - Thursday FHS Weight Room
TIMES: 6:30-7:30 am OR 7:30-8:30am
TEACHER: Aurora Bay Care Strength & Conditioning Coaches and Trainers

If you have any questions or concerns, please contact your child's teacher/coach.