

MIDDLE SCHOOL SUMMER WEIGHTLIFTING

(Boys and Girls Grades 6 & 7)

Monday through Thursday class includes a warm up, lifting, running/plyometrics, an ab workout and stretching.

Fridays from 8:00-10:00am is an "open" lift day. There is no organized running on Fridays.

Register using the grade your child is in during the 2018-19 school year.

If you have questions email Blair Kelley at Blairk@stma.k12.mn.us

7:30AM - 9:25AM Boys & Girls 9:30AM - 11:25AM Boys & Girls 11:30AM - 1:00PM Girls

Monday to Friday, June 6 to Aug. 16 (No class July 1 - July 5)

Blair Kelley, Coordinator/Instructor MW Weight Room

FEE: \$130 1st child \$120 additional child same family in the Middle School Program

Middle School Weightlifting #273U1 (Online Registration begins April 4)

Name _____ Grade 2018-2019 _____

Parent's Name _____ Parent's Cell _____

Email address _____

Medical Issues: Does your child have a medical issue the coaches should be aware of? Yes _____ No _____

If yes please explain: _____

The child named above has my permission to participate in the 2019 summer Weightlifting class

Parent's Signature _____ Date _____

Please return form and fee to: District 885 school offices or Community Education, 60 Central Ave. W. St. Michael, Mn. 55376.

Questions, call 497-6550 ext. 1. You may also register online at stma.ce.eleyo.com

Please make checks payable to: STMA Community Education

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