

2025 SUMMER STRENGTH AND QUICKNESS (SAQ) WEIGHT ROOM

SIGN UP



WITH QR CODE

REGISTRATION MAY 13 - JUNE 2

DETAILS

- Grades 7-12 (2025-26 academic year)
- Fee: \$55 per student (**No free or reduced fee available**)
- **Teams** still require individual student registration
- **Sessions:** 6/9/25-7/31/25 (Monday-Thursday)
- (NO sessions 6/19 or 6/30-7/4)



ENROLL NOW

Website
[REGISTRATION LINK](#)

Questions?
Email: lostrand@rochesterschools.org

Once registered online, student will receive email to fill out a Google form with more details