



## 2019 Summer Workouts

### Weights (Upper School only)

- RLP Field House – 7401 Ferguson Road
- May 29<sup>th</sup> – July 26<sup>th</sup> – Mondays / Wednesdays / Fridays
- Workouts are from 7:45 – 9am

### Speed and Agilities:

- Lakehill Gym – 2720 Hillside Drive
- May 29<sup>th</sup> – July 26<sup>th</sup> – Mondays / Wednesdays / Fridays
- 7<sup>th</sup> & 8<sup>th</sup> grade 8 – 9am
- 9<sup>th</sup> – 12<sup>th</sup> 9:30 – 10:30am

### Practices (Upper School only)

- Lakehill Gym – 2720 Hillside Drive
- Basketball
  - Wednesdays 10:45am – 12pm
- Volleyball
  - Mondays 10:45am – 12pm

### Open Gyms (7<sup>th</sup> – 12<sup>th</sup>)

- Lakehill Gym – 2720 Hillside Drive
- Basketball
  - June 7, 21 and July 5, 19
  - 10:45am – 12pm
- Volleyball
  - June 14, 28 and July 12, 26
  - 10:45 - 12pm

Contact [athletics@lakehillprep.org](mailto:athletics@lakehillprep.org) for more information.