



Completion of this class will allow the participant to use the Civic Center weight room without adult supervision.

7TH & 8TH GRADERS Strength Training 101

6:30-7:30 am

Day 1 (MONDAY, November 5)

Safety & functional movement screen

Day 2 (WEDNESDAY, November 7)

clean ● squat ● bench

Day 3 (FRIDAY, November 9)

Civic Center orientation to equipment

There is a maximum of five students per class. You must attend all three sessions (Day 1 & 2 at SMC Therapy, Day 3 Civic Center) Cost \$20. Checks can be made to SMC Edge Wellness at the first session. Sign up at the Civic Center or call them at 443-4174.

