



# **SACO BAY**

Orthopaedic & Sports  
**PHYSICAL THERAPY**

## **FREE Summer Strength and Conditioning**

**7<sup>th</sup> and 8<sup>th</sup> Graders**

**June 24<sup>th</sup>-July 5<sup>th</sup>, July 15<sup>th</sup> - August 7<sup>th</sup>**

- Strength Training
- Agility
- Running
- Flexibility
- Stability
- Mobility
- Endurance
- Hydration
- Nutrition
- Sleep
- Injury Prevention
- Sports Specific Training

### **Time Slots:**

**Monday: 930a-1030a. 1030a-1130a-1130-1230p**

**Tuesday: 7a-8a, 8a-9a, 9a-10a, 10a-11a, 11a-12p**

**Wednesday: 930a-1030a. 1030a-1130a-1130-1230p**

**Thursday: 930a-1030a. 1030a-1130a-1130-1230p**

**Friday: 7a-8a, 8a-9a, 9a-10a, 10a-11a, 11a-12p**

**All Sessions are at Kennett High School – weight room, gymnasium or outdoors.**

**To sign up please call or email Colby Locke**

**Cell Phone: 602-662-9886**

**Email: [c\\_locke@sau9.org](mailto:c_locke@sau9.org)**