

# GET STRONG

Program Supervisors:  
**JOHN MARTIN & MATT CROSSMAN**  
Queensbury High School Coaches

**GRADES**  
**4-12**

**Summer Sports Performance Program  
For Boys & Girls**

**JUNE 27-JULY 28**  
(No program 7/4)

## ▪ Weight Room Training ▪

Monday-Wednesday-Thursday

**BOYS, Grades 9-12: 7:00-8:30am**

**GIRLS, Grades 9-12: 8:00-9:30am**

**BOYS, Grades 6-8: 9:15-10:00am**

**GIRLS, Grades 6-8: 10:00-10:45am**

**BOYS + GIRLS, Grades 4-5: 10:45-11:30am**

## ▪ Evening Speed Sessions ▪

Monday + Wednesday Evenings

**7:15-8:00pm**

Programs will be held in the  
**Queensbury High School Weight Room,**  
adjacent field, and school track

**FOR UPDATES/CANCELLATIONS:**  
Remind app, code @TOQSC



Queensbury  
**PARKS &  
RECREATION**

742 Bay Road, Queensbury NY • 518-761-8216



**SIGN UP TODAY**

[recreation.queensbury.net](http://recreation.queensbury.net)

Resident \$50 | Non-Resident \$60