

SUMMER 2026 STRENGTH & SPEED



» **Aquinas High School**
JUNE 1ST - JULY 31ST

MONDAY / TUESDAY / WEDNESDAY / THURSDAY

HS = 9TH-12TH
MS = 6TH-8TH

HS BOYS: 6:00 - 7:30AM

HS/MS GIRLS: 7:00 - 8:30AM

MS BOYS: 8:00 - 9:30AM



Registration / Sign Up will be required to before sessions start on June 1st (QR Code). There is no cost for MS / HS sessions. Youth has a small fee for ths summer. Each session is about 75-90 mins long, could end early.

SCAN ME



YOUTH - 2ND - 6TH
(FIRST TIME LIFTERS)



MS / HS ATHLETES WHO
HAVE EXPERIENCE LIFTING
7TH - 12TH



SCAN ME



All updates will be on our instagram page: @aquinas.strength
Got questions? Email: eddie@threeriversperform.com