

2023 Summer Wahoo Weight Room Summer Schedule

May 31st Weight Room Hours Start-

M-W-F
High School
AM = 6:00-10:00

T-Th
High School/Extra Hours
AM = 6:00-8:00
Middle School
AM = 8:00-10:00

Blue Days- HS Boys 6-7 Girls 7-8
Gold Days- HS Boys 7-8 Girls 6-7

MAY 2023

S M T W T F S

21 22 23 24 25 26 27
 28 29 30 31

Max Outs May 22-25
Girls 3:45-4:30
Boys 4:30-5:15
High School Athletes

May 29/30 Weight Room Closed
May 31-First Day Open (High School)
June 1st-First Day for (Middle School)

JUNE 2023

S M T W T F S
 1 2 3
 4 5 6 7 8 9 10
 11 12 13 14 15 16 17
 18 19 20 21 22 23 24
 25 26 27 28 29 30

JULY 2023

S M T W T F S
 1
 2 3 4 5 6 7 8
 9 10 11 12 13 14 15
 16 17 18 19 20 21 22
 23 24 25 26 27 28 29
 30 31

July 4th Weight Room Closed
July 31st Fall Max Outs (HS Only)

AUGUST 2023

S M T W T F S
 1 2 3 4 5
 6 7 8 9 10 11 12
 13 14 15 16 17 18 19
 20 21 22 23 24 25 26
 27 28 29 30 31

Aug. 1-3 Fall Max Outs (HS Only)
Aug. 7th First Day of Fall Practice
No Middle School Aug 1st and 3rd

Important Dates and Times

Sign Up Days-
 12th Grade - May 8th
 11th Grade - May 9th
 10th Grade - May 10th
 9th Grade - May 11th
 Middle School - May 15-19th

For information and important Updates, follow us on Twitter!!!
@wahoostrength