

2008 RISING 7TH/8TH GRADE PROGRAM SUMMER WEIGHTLIFTING SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May 25	May 26	May 27 7TH/8TH SUMMER PROGRAM - 12:30-2:30	May 28 7TH/8TH SUMMER PROGRAM - 12:30-2:30	May 29 OFF	May 30	May 31
June 1	June 2	June 3 7TH/8TH SUMMER PROGRAM - 12:30-2:30	June 4	June 5 7TH/8TH SUMMER PROGRAM - 12:30-2:30	June 6	June 7
June 8	June 9	June 10 7TH/8TH SUMMER PROGRAM - 12:30-2:30	June 11	June 12 7TH/8TH SUMMER PROGRAM - 12:30-2:30	June 13	June 14
June 15	June 16	June 17 7TH/8TH SUMMER PROGRAM - 12:30-2:30	June 18	June 19 7TH/8TH SUMMER PROGRAM - 12:30-2:30	June 20	June 21
June 22	June 23	June 24 7TH/8TH SUMMER PROGRAM - 12:30-2:30 OFF-DEF LINEMEN CAMP	June 25	June 26 7TH/8TH SUMMER PROGRAM - 12:30-2:30	June 27	June 28
June 29	June 30	July 1 7TH/8TH SUMMER PROGRAM - 12:30-2:30	July 2	July 3 OFF - 4TH OF JULY HOLIDAY	July 4	July 5
July 6	July 7	July 8 7TH/8TH SUMMER PROGRAM - 12:30-2:30	July 9	July 10 7TH/8TH SUMMER PROGRAM - 12:30-2:30	July 11	July 12
July 13	July 14	July 15 7TH/8TH SUMMER PROGRAM - 12:30-2:30	July 16	July 17 7TH/8TH SUMMER PROGRAM - 12:30-2:30	July 18	July 19