

Fridley Summer Fitness Program

- WHO:** We welcome all student athletes that will be in 7th-12th grade at Fridley Middle School and High School! ALL ABILITY LEVELS!
- WHAT:** The program consists of daily warm-ups, (**strength, cardiovascular, speed, flexibility and agility training**), team building, and competitive events!
Cross-Fit Elements will be incorporated

WHERE: Fridley High School Weight Room

COST: \$70 for 2015-2016 –9th-12th Graders (\$25 for free or reduced lunch)
\$45 for 2015-2106 - 7th-8th Graders—7th-8th (\$20 for free or reduced lunch)

WHEN: Starts on June 8th ends on July 30st
Sessions are Monday - Thursday
(No sessions July 6th - July 10th)

Session 1 Girls (7th -12th) is from 8:00-9:30 AM—T,W,TH
Session 2 Boys (7th -12th) is from 9:30-11:00 AM—T, W TH

NEW – Mondays are optional team days – led by captains and sports
Adult supervision and guidance will be given.



SIGN UP: Sign up using FeePay <https://fridley.feepay.com>

Once you complete the very simple form and pay the fee you will be registered. If you need to pay with cash, please complete the form and hit the submit button. Bring the payment to Sue Hanson in the activities office. You will not be on the roster until you have paid.

If you need help using FeePay, please see or call Sue Hanson. 763-502-5606.

If you have any questions, see

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Scan this QR Code with your
smart phone or Ipad to go
directly to Fridley FeePay Site.

