



CHESTY LION WRESTLING OPEN ROOM



June 1st - July 31st

Monday, Tuesday, Wednesday, and Thursdays

7:00am-10:00am 9-12 Boys

Wrestlers 9-12 should sign up for football weights if they want weights conditioning and attend open gym after football

[LHS Football Summer Weights Registration Form](#)

Tuesdays and Thursdays

8:00am-10:00am 9-12 Girls

Monday, Tuesday, Wednesday, and Thursdays

1:00pm-3:00pm Grades K-8th Boys and Girls

