

# GET STRONG

For Boys & Girls

Program Supervisors:  
**MATT CROSSMAN AND JOHN MARTIN**  
Queensbury High School Coaches

## - Intro to Strength Training -

Primarily body-weight and light-weight intro to strength training.  
*(Incoming 9th graders will need to be assessed for inclusion in this program)*

**GRADES  
7-9**

**JULY 1\*-AUGUST 8** (Tuesdays & Thursdays)  
*(No program 7/4)*

**9:30-10:30am**

Resident: \$60 | Non-Resident: \$70

**SIGN UP TODAY**  
[recreation.queensbury.net](http://recreation.queensbury.net)

\*Programs will meet on **Monday, July 1**,  
since we will not meet on Thursday, July 4.

## - Strength & Conditioning -

Increase strength, speed, power.

**JULY 1-AUGUST 9** (Tuesdays-Fridays)  
*(No program 7/4 & 7/5)*

**GRADES  
10-12**

**7:30-9:30am**

Resident: \$50 | Non-Resident: \$60

Programs will be held in the  
**Queensbury High School Weight Room** and adjacent field



Queensbury  
**PARKS &  
RECREATION**

742 Bay Road, Queensbury NY • 518-761-8216