



Our Washington High School Strength & Conditioning Facility at Case Field will be popular place for students to hang out this summer. Just as a reminder the SUMMER 2012 DEMON STRENGTH & CONDITIONING schedule for grades 9 - 12 is as follows: June 4 - July 26 (Mon - Wed - Thurs). Two Sessions are offered: 6:00 - 7:30 a.m. & 7:30 - 9:00 a.m. Participants must have a current physical on file!! No lifting the week of July 1st. Everyone is encouraged to attend. Contact Scott Danielson with questions at 319-653-3691 or sdaniels@washington.k12.ia.us . Our WHS facility offers students many physical fitness advantages and programs- it is FIRST CLASS!