

2019 Lady Pirate Summer Workouts

June 10 - July 31

Monday – Thursday

Incoming **9th-12th** Grade

10am-12am

Cost \$40

Name _____

Parent Name _____

Parent Phone Number _____

Join Remind: Text @lphsath to 81810

*Please wear tennis shoes, athletic shorts (NO spandex), and t-shirt (NO racer backs).

*Hair pulled back and NO jewelry.

*Bring a water bottle!

Make checks payable to VHS.