



BISHOP GRIMES
JR/SR HIGH SCHOOL

STRENGTH & CONDITIONING

SUMMER CAMP

\$150
FOR THE SUMMER

OPEN TO GRADES
7-12

MON-THURS
4PM-6PM

EVERY MONDAY THROUGH THURSDAY STARTING

JULY 15 - AUGUST 15

ALL ARE WELCOME - BOYS & GIRLS

BISHOP GRIMES JR/SR HIGH SCHOOL

6653 KIRKVILLE ROAD
EAST-SYRACUSE, NY 13057
WEIGHT ROOM



TO SIGN UP CONTACT COACH WAIT
EMAIL: JWAIT@SYRDIOCESE.ORG