

# Summer Weightlifting Class

At the Ian Wacks Fitness Center Longmeadow High School

**When:** 2 sessions each day

Session #1- 8-10 AM

Session #2- 10-12AM

Week 1- July 9th-13th

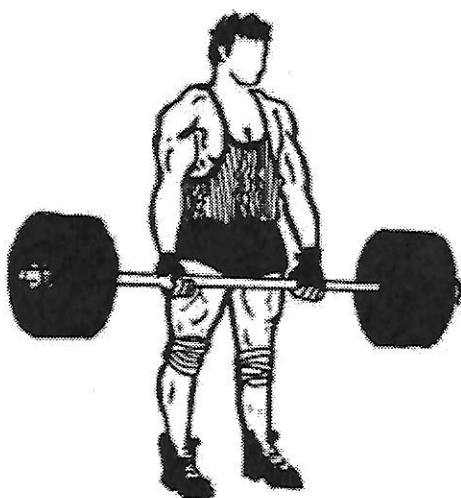
Week 2 July 16th-20<sup>th</sup>

Week 3: July 23th-27th

Week 4: July 30<sup>th</sup>- August 3rd

Week 5: August 6th -9th (\$40)

Week 6: August 13th-17th



## **How much?**

\$50 per Week (\$10/Day)

## **What will you do?**

Learn everything from beginning lifts, plyometrics, advanced lifts and Olympic Lifts.

Prepare for your upcoming season or work on your own personal fitness goals

Work with a certified Strength and Conditioning Specialist.

## **How to sign up or who to contact:**

Email Coach Williams at [twilliams@longmeadow.k12.ma.us](mailto:twilliams@longmeadow.k12.ma.us)

Show Up Monday morning at the session you plan to attend

## **Who is running the Class?**

Coach Tanner Williams is a Certified Strength and Conditioning Specialist (from the National Strength and Conditioning Coaches Association) a Level 2 Certified Track and field coach, and has coached every level from middle school to professional athletes.

In 2010 he was recognized as the East Region Women's Assistant Coach of the Year in the NCAA Division 2 for Track and Field.

His Athletes have become All-Americans, State and conference champions, New England Champions, as well as Academic All-Americans and he currently teaches Physical Education at Longmeadow High School.

