

Youth Football Lifting Days

(Open to 5th through 8th Graders)

“Want to be a part of a new tradition?”

“Want to be buildings blocks for the future?”

Come lift weights at West Chicago High School!!

Dates: November 18th, December 16th, January 20th, February 17th, March 17th, April 21st, May 19th

Time: 3:45-4:45 in the weight room at West Chicago High School.

*Bring as many people with you as you can!!

T-shirts will be available at the end of the May 19th lifting session