

## Year 9-13 Weight Lifting 2019

Dear Parents and Caregivers

Your child maybe interested in Weight Lifting Senior (Year 9-13)

- Training:** Tuesday 3.30pm-4.30pm  
Thursday 3.30pm-4.30pm  
Term 1 Commences Tuesday 12 February 2019
- Costs:** \$25 per term  
(Currently subsidised by Kiwisport)
- Gear Required:** College House tops, PE shorts and sports shoes
- Venue:** Functional Strength Crossfit,  
7A Piermark Drive, Rosedale
- Transportation:** Students will be need to make their own way to the venue, which is  
a short walk from Pinehurst School
- Commitment  
Required:** At least one night a week for the duration of the term

Please register online through the Pinehurst School website. If you require assistance with registration please email [communications@pinehurst.school.nz](mailto:communications@pinehurst.school.nz) **Entries close Friday 8 February 2019.**

Kind regards

**Charlie Murray**

*College Teacher  
Pinehurst School*

Phone: **+64 (0)9 414 0960 EXT 408**  
Email: **[Charlotte.Murray@pinehurst.school.nz](mailto:Charlotte.Murray@pinehurst.school.nz)**