

Year 9-13 Weightlifting 2021

Dear Parents and Caregivers

Your child maybe interested in Weightlifting

Training: Tuesday 3.45pm-4.45pm
Thursday 3.45pm-4.45pm

Costs: \$200 per term

Gear Required: Activewear, flat sports shoes

Venue: Functional Strength, 7a Piermark Drive

Transportation: Students will need to make their own way to the facility (5-minute walk)

Commitment Required: Students will need to commit to the whole term in advance. Ideally students will attend both sessions for maximum benefit, but it is not essential, however, the cost will remain the same regardless of how many sessions you attend.

Please register online through the Pinehurst School website. [Sports Registration | Pinehurst School](#)

Kind regards

Charlie Murray

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