

## Year 9-13 Weightlifting 2022

Dear Parents and Caregivers

Your child maybe interested in Weightlifting.

<b>Training:</b>	Tuesday 3.45pm-4.45pm Thursday 3.45pm-4.45pm Term 1 starts Tuesday, 15 February 2022
<b>Costs:</b>	\$200 per term
<b>Covid 19</b>	Students are required to be vaccinated to participate Spectators are unable to attend this event
<b>Gear Required:</b>	Activewear, flat sports shoes
<b>Venue:</b>	Functional Strength, 7a Piermark Drive, Rosedale
<b>Transportation:</b>	Students will need to make their own way to the facility (5-minute walk)
<b>Commitment Required:</b>	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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