

# ROYAL POWER AND SPEED 2025

“The time will come when Winter will ask: what were you doing all Summer?”



**Registration through Community Education**

<https://sowashco.ce.eleyo.com>

**June 9 - July 31**

**Off June 19 & June 30-July 4**

## **4-Day Programs (Mon - Thurs)**

**Advanced Session  
C471 (Needs Approval)  
7:00 - 9:00 am**

**Varsity Session I  
C472  
8:15 - 9:45 am**

**Varsity Session II  
C474  
8:15 - 9:45 am**

**Varsity Session III  
C475  
9:45 - 11:15 am**

**Boys Basketball Split Session  
C473  
8:15 am - Speed  
10:45 am - Strength**

## **3-Day Programs (Varies)**

**Middle School Speed & Core  
C476  
10:30 - 11:30 am  
Monday, Tuesday, Wednesday**

**MS Girls Only Speed & Core  
C478  
11:30 am - 12:30 pm  
Tuesday, Wednesday, Thursday**

## **Other Add-On Available**

**August Add-On  
C477  
7:30 - 9:00 am  
Mondays - Thursdays**

**\*\* This program is for athletes  
who do not play a fall sport &  
want to continue to train in  
August.**