



GBYF Pre-Season Workouts

Saturday 5/11,
Saturday 5/18, and
Saturday 5/25

Time: 9:00 – 10:30 AM
Location: Central Gymnasium

Free to all!

Requirements: Must be entering the 3rd, 4th, 5th, 6th, or 7th grade in the
Fall of 2019.

Equipment: sneakers, water or sports drink