



2025 Southwest Girls Summer Strength and Conditioning

2025 Summer Strength and Conditioning at Southwest High School. Camp is held Monday through Thursday. Weeks of Camp are June 9-12, June 16-19, June 23-26, July 7-10, July 14-17, July 21-24. Breakfast served from 8:30 am to 9:00 am. Workout from 9 am to 11 am. Lunch served from 11 am to 11:30 am. Students head to the SWHS Cafeteria on arrival and will be directed from there.

Camp Start Date: June 9, 2025

Start Time: 12:00:00 AM

Camp End Date: July 24, 2025

End Time: 12:00:00 AM

Date Details: Monday Through Thursday

Venue Name: SWHS GYMNASIUM

Venue Address: 11914 Dragon Lane, San Antonio, TX 78252

Camp Cost: \$25.00

Questions: afranco@swisd.net (210) 622 - 4400

Special Notes:

Incoming 7th through 12th grade and be enrolled at Southwest High School, McNair Middle School, or Scobee Middle School.

Medical Info:

Must have a physical on file.