



WHEN: Monday through Thursday

(Session 1: June 16th-July 3rd, Session 2: July 7th-July 24th)

Make sure to sign up for both sessions and your choice of time on Skyward Family Access if interested. (Enrollment Cap of 24 students per class period)

Registration opens April 14th at 12:00pm

Morning Sessions	Evening Sessions
9:30 AM - 10:30 AM	5:00 PM - 6:00 PM
10:30 AM - 11:30 AM	6:00 PM - 7:00 PM

Points of Emphasis

- Speed, agility, and functional strength
- Proper technique and form instruction
- Increase explosiveness, coordination, and balance

Description

This class is designed for 7-12th grade students who are interested in gaining greater strength, size, explosive power, speed, agility, and flexibility. The class is designed as 10 minutes for warm-up, 20 minutes in the weight room, 20 minutes in the gym or outside, and 5 minutes for a cool-down.