

NICOLET RECREATION DEPARTMENT



JR. KNIGHTS STRENGTH & CONDITIONING

The Jr. Knights Athlete Class will progress from the fundamentals of athlete training taught in the young athlete class. We will be working on improving explosiveness in all planes of movement, core strength, upper and lower body strength, speed, agility, and injury prevention. This class will then progress through the program day-to-day and week-to-week. It is important that the kids stay consistent attending the class.

Mondays & Wednesdays, November 4 - December 18

5:00 - 5:45pm | Grade: 5th - 8th

Nicolet Union High School -

Strength & Conditioning Center

\$55.00R/\$65.00NR | Program#: 111490-01

Instructor: Nicolet Strength & Conditioning Staff

REGISTER ONLINE AT:

[HTTPS://WEB2.VERMONTSYSTEMS.COM/NICOLET.HTML](https://web2.vermontsystems.com/nicolet.html)



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