

NICOLET RECREATION DEPARTMENT



Join at
any time!

JR. KNIGHTS YOUTH ATHLETE CLASS

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 6 - December 20 (skip 11/22)

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

Nicolet High School - Strength & Conditioning Center

\$45.00R/\$55.00NR | Program#: 113071-01

Instructor: Evan Rosa | Min/Max: 10/30

REGISTER ONLINE AT:

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



Nicolet Recreation Department | 6701 N. Jean Nicolet Rd. Glendale, WI 53217

Phone: (414) 351-7566 | Fax: (414) 351-4053

Website: <https://www.nicolet.us/activities/recreation.cfm>



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