



**June 16 - July 23rd
Monday - Friday**

At Nicolet Fitness Center

Summer **2025**

Strength & Conditioning

Session 1

**Co-Ed
Grades**

11-12

8:00-9:30

Session 2

**Co-Ed
Grades**

9-10

9:30-11:00

Session 3

**Female
Grades**

9-12

11:00-12:30

Session 4

**Co-Ed
Grades**

5-8

12:30-1:15

**Registration Opens April 28th
through Skyward Family Access.**

If you have any questions, please email Coach Rosa evan.rosa@nicolet.us
Also, stay up to date by checking the Armory Canvas page.