

**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, June 12 - July 26 (skip 7/3)

12:30 - 1:15pm | 5th - 8th grade

Nicolet High School - Strength & Conditioning Center

\$45.00R/\$55.00NR | Program#: 313071-01

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>



**Find us on
facebook**



June 13 - July 29th
Monday - Friday

Monday Wednesday Thursday @ Mazlowski
Tuesday and Friday @ Nicolet

Summer 2023

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 May 1st
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.