

NICOLET RECREATION DEPARTMENT



YOUTH CROSSFIT

"One of the hardest things to hear after you don't succeed is "keep working at it." With CrossFit Middies, our young athletes learn how to overcome challenges, cheer for one another (and themselves), learn how to set goals and gain more confidence in their ability to do hard things. These athletes will also learn proper mechanics and mobility, develop work capacity as well as the understanding of intensity...all while having FUN!

Tuesdays & Thursdays, April 1-24 & May 6-29

4:00 - 5:00pm | Grades: 6th - 8th

CrossFit Good Land (8797 N. Port Washington Rd)

\$99.00R/\$109.00NR | Program#: 231072-04, 05

Instructor: Sarah O'Shea, CCFT L3



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

<https://www.nicolet.us/o/recreation>

