

Sun Prairie Area School District

Strength and Conditioning Summer School 2018



The Strength and Conditioning classes offer a great opportunity for students currently in grades 5 – 11 to increase their fitness levels by learning and applying different aspects of weight lifting and conditioning. This class is open to all students – males/females and athletes/non-athletes.

All Strength and Conditioning classes focus on skill development in weight lifting, speed, and agility. Students will also work on running form, flexibility, and conditioning exercises. Students will learn proper techniques to promote muscle growth while minimizing the risk of injury.

The class for 5th - 7th grade students is an introductory class. The emphasis is on form, not the amount of weight being used. Classes for 8th - 11th grade students are advanced classes. All students will implement a personal fitness program based on personal fitness goals designed by the instructor and student together.

Register Online!

Go to the Summer School page on the [website](#)

Registration begins March 22, 2018

- * Online registration will allow you to register for the course
- * If you do not have access to a computer or would like some help with registration, computer access is available at your home school or District Office.
- * For questions regarding registration, please contact Brittany Browning at 834-6507
- * or bdbrown@sunprairieschools.org.

Location: Sun Prairie High School
888 Grove St

Dates: June 11 – July 19

Days: Monday – Thursday (no class on Wednesday, July 4th—make-up day on Friday, July 6th)

Sessions: (Please use current year)

7am – 9am (10-11 grades)

9am – 10am (5–7 grades) *

** This is an Introductory 1-hour class*

10am – 12pm (8–9 grades)

5pm – 7pm (8–11 grades)

Additional Information

- *There is no fee.
- *Transportation will **not** be provided.
- *If the times available for a particular grade level do not fit the student's schedule, please contact one of the class instructors to discuss the possibility of enrolling in a different class.

For questions regarding the class, please contact one of the following:

Tim Bass.....318-8167

Brian Kaminski.....834-6837