

JR. KNIGHTS YOUNG ATHLETE CLASS

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

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.

Day: Mondays & Wednesdays
Time: 5:00 - 5:45pm
Location: Nicolet High School - Strength & Conditioning Center
Grade: 5th - 8th
Fee: \$45.00R/\$55.00NR
Min/Max: 10/30
Instructor: NUHS Strength & Conditioning Staff

Session:	Date:	Program#:
I	January 23 - March 15 (skip 2/20)	213071-01
II	April 3 - May 24 (skip 4/10)	213071-02



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



<https://www.nicolet.us/page/nicolet-recreation-department>

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





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