

Sun Prairie Area School District Summer School 2021 Strength and Conditioning



Strength and Conditioning is a great opportunity for all students currently in grades 6-11.

Students learn about conditioning and weight-lifting while developing their skills in lifting, speed, and agility. Students also work on running form, flexibility, and conditioning exercises. Students learn proper techniques to promote fitness, physical growth, and development while minimizing the risk of injury.

This class will be held in-person, in accordance with Public Health Madison Dane County guidelines and may be subject to change based on guidance from PHMDC.

Strength and Conditioning is open to all students currently in 6th through 11th grades. Classes are held Monday through Thursday, June 14, 2021- July 22, 2021.

- Classes are held in the weight room on the second floor of the fieldhouse at Sun Prairie High School.
- No district transportation or nutrition services are provided for this class.

Please note the times for the grade groups when you register. Times are subject to change based on registration numbers and cohorts.

- 7am-9am: grades 10-11
- 9am-10am: grades 5-7
- 10am-12noon: grades 8-9
- 5pm-7pm: grades 8-11

**Please click below for the
[Registration Form](#)**



Questions? Please contact

- [Tim Bass](#) at 834-6795 or tgbass@sunprairieschools.org
- [Brian Kaminski](#) at 834-6837 or bjkamin@sunprairieschools.org