

2024 SUMMER SCHOOL



SSAC



Speed, Strength, Agility, Conditioning (SSAC) will focus on building students general understanding of core exercises they can perform safely without risking injury. Students will perform (to the best of their ability) exercises in the program which is designed around a progressive repetition goal, not a weight number. Students will improve their physical health daily while supporting each other through the progressive steps of the program. Students will also have the opportunity to demonstrate knowledge of exercises they have learned, by instructing certain movements to the class. Students will highlight the targeted muscle area of the movement, supporting muscles which will also experience workload in the movement, and key aspects of form to prevent injury. Class is held at the HS Fitness Center.

SSAC HIGH SCHOOL

GRADE: 9-11
COURSE: SSACHS
PERIOD: 1

DATES

Monday - Thursday
June 17 - July 11
No classes on Thursday, July 4

SSAC MIDDLE SCHOOL

GRADE: 6-8
COURSE: SSACMS
PERIOD: 2, 3

CLASS PERIODS

Period 1.....7:55 - 9:10am
Period 2.....9:15 - 10:30am
Period 3....10:35 -11:55am

Online registration will be open April 8 through April 19

To view more details about online registration, as well as additional summer school course offerings, visit www.eastrov.k12.wi.us. Students will be registered on a first come, first served basis.

Students may also contact their HS Counselor to register.