

2025 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.

Interested students may also participate in other non-conflicting summer school courses if they wish, but is not required. Students who choose only to participate in SSAC will need to provide their own means of transportation.

SSAC MIDDLE SCHOOL (6-8)

PERIOD: 3

COURSE: SSACMS

Register online April 1-11

DATES

Monday - Thursday

June 16 - July 10

No classes on Thurs, July 3

SSAC HIGH SCHOOL (9-11)

PERIOD: 0, 1, 2

Register by contacting HS Counselor

CLASS PERIODS

Period 0(A).....6:00 - 6:40am

Period 0(B).....6:30 - 7:10am

Period 1.....7:55 - 9:10am

Period 2.....9:15 - 10:30am

Period 3.....10:35 - 11:55am

HOW CAN I SIGN UP?

Current 6-8th grade students must register via Skyward within the online registration window (April 1-11) and use the course code SSACMS. More information on how to register may be found at <https://www.eastroy.k12.wi.us/district/summer-school.cfm>

Current 9th-11th grade students may register by contacting their HS Counselor.