



**WEIGHT TRAINING PROGRAM\***  
**Monday, June 19 - Friday, August 4**  
**Bradford HS, Tremper HS, & Indian Trail HS**

This program provides the opportunity to increase strength and flexibility that enhance athletic performance and protection from sports-related injuries. Safety is stressed.

**Sessions will be held in the Fitness Center at the location you sign up to attend**

**No classes will be held July 3<sup>rd</sup> & July 4<sup>th</sup>, 2017 in observance of Independence Day**

<b>Group</b>	<b>Time</b>	<b>Days</b>	<b>Location</b>
Girls entering grades 8-12	1:30-3:00 p.m.	Monday, Wednesday, & Friday	<b>Bradford HS</b>
Girls entering grades 8-12	1:30-3:00 p.m.	Monday, Tuesday, & Thursday	<b>Indian Trail HS</b>
Girls entering grades 8-12	12:00-3:00 p.m.	Monday, Tuesday, & Thursday	<b>Tremper</b>
Boys entering grade 8	1:30-3:00 p.m.	Monday, Wednesday, & Friday	<b>Bradford HS</b>
Boys entering grade 8	1:30-3:00 p.m.	Monday, Tuesday, & Thursday	<b>Indian Trail HS</b>
Boys entering grades 8-12	12:00-3:00 p.m.	Monday, Tuesday, & Thursday	<b>Tremper</b>
Boys entering grades 9-12	12:00-1:30 p.m.	Monday, Wednesday, & Friday	<b>Bradford HS</b>
Boys entering grades 9-12	12:00-1:30 p.m.	Monday, Tuesday, & Thursday	<b>Indian Trail HS</b>

**Class Expectations**

- Boys and Girls entering grades 8-12 (as of 8/31/17)
- Students are required to wear athletic clothing and shoes.
- **Weight Training Fee: \$20.00**
- **Please make check payable to: Recreation Department**
- **Please mail the payment to the Dept. of Recreation (2717- 67<sup>th</sup> Street, Kenosha, WI 53143)**