

# Young Athletes Class

## Grades 5<sup>th</sup> thru 8<sup>th</sup>

This class is for all young athletes looking to improve their athleticism and injury prevention in Whitefish Bay's new fitness center. Each class we will be working on a full body athleticism workout routine, that is great for injury prevention and to improve on strength, explosiveness, speed, agility, and conditioning. The athletes in the class will be taught the proper techniques and fundamentals of strength training, plyometric training, speed training, agility training, mobility, and flexibility. This class is coached by a professional strength coach, and Whitefish Bay HS head strength coach Spencer Schulz, ISSA CSC. Limit 30.

Whitefish Bay Fitness Center  
Tuesdays Only  
March 5 – May 28  
5:30-6:30pm  
Course code 360304      A1  
Resident/non-resident    \$50/\$60

Whitefish Bay Fitness Center  
Thursdays Only  
March 7 – May 30  
5:30-6:30pm  
Course code 360304      A2  
Resident/non-resident    \$50/\$60

Whitefish Bay Fitness Center  
Tuesday/Thursday  
March 5 – May 30  
5:30-6:30pm  
Course code 360304      A3  
Resident/non-resident    \$95/\$105

Tear off here

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### Young Athletes Grade 5<sup>th</sup>-8<sup>th</sup> 360304- A1 Tues only/ A2 Thurs only / A3 Tues-Thurs Combo

Name \_\_\_\_\_ Address \_\_\_\_\_

Parent/Guardian (if under 18) \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Email \_\_\_\_\_

Please choose one:                     Cumberland School                     Richards School

Fee enclosed \_\_\_\_\_ Checks made payable to Whitefish Bay Recreation Department

Credit Card Information (if paying by credit card): Visa, Mastercard or Discover only

Card # Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_

Please return your completed form/fee to the:  
Whitefish Bay Recreation Department  
5205 N. Lydell Avenue, Whitefish Bay, WI, 53217