



2025 SUMMER Athletic Development Class

Monday, Tuesday, Wednesday, and Thursday

**First Class, Monday June 9th – Last Class, Thursday, July 24th
No Class the week of June 30-July 3**

The School District of Wisconsin Dells will be offering a summer athletic development class beginning June 9, 2025. This course is open to all current and incoming SDWD students entering 7th through 12th grades in the 2025-2026 school year. Students in this class will participate in a supervised program focusing on strength, agility, speed, flexibility, and injury prevention. In addition to the physical benefits, this class is also important in establishing the mindset needed to achieve the desired results: physically, mentally, and socially.

Offerings:

Offering #1 – Monday – Thursday

7:00 AM -8:15 AM – 11th – 12th grade boys ONLY
8:00 AM – 9:15 AM – 9th – 12th grade girls ONLY
9:00 AM – 10:15 AM – 9th-10th grade boys ONLY

Offering #2 – Monday and Wednesday

10:00 – 11:00 AM – 7th & 8th grade boys & girls ONLY

High school students who attend 80% of sessions will earn .25 of a physical education credit.

To sign up for this class, please use the QR code below:

