



RIVER FALLS SUMMER SPEED & STRENGTH

**HIGH SCHOOL & MIDDLE SCHOOL
REGISTRATION IS NOW OPEN ON THE DISTRICT WEBSITE
CLICK ON "SUMMER SCHOOL/BASIC SKILLS INFO & ENROLLMENT"
IN THE QUICK LINKS TAB ON THE LEFT SIDE OF THE SITE**

HIGH SCHOOL

(INCOMING 9th – 12th GRADERS) – SIGN-UP FOR 1 SESSION

Session 1: Monday, Tuesday, Thursday, Friday (6:00 a.m. - 7:30 a.m.)
Session 2: Monday, Tuesday, Thursday, Friday (7:30 a.m. - 9:00 a.m.)
Session 3: Monday, Tuesday, Thursday, Friday (8:45 a.m - 10:15 a.m.)

MIDDLE SCHOOL

(INCOMING 6th – 8th GRADERS) – SIGN-UP FOR 1 SESSION

Session 1: Monday, Tuesday, Thursday, Friday (10:00 a.m. - 11:30 a.m.)
Session 2: Monday, Tuesday, Thursday, Friday (11:15 a.m. - 12:45 p.m.)

IMPORTANT NOTE:

The first forty-five minutes of each session time listed is considered summer school Speed and Strength.

OPTIONAL:

The time remaining in the session (45+ min) will be available for participants at a rate of \$125. **By paying the fee, students will be working directly with ETS for their training. The \$125 covers training throughout the summer.**

Those choosing not to participate in ETS are signing up only for Speed and Strength through the summer school program. These sessions are 45 min in length and are offered at no charge.



COMMIT. OVERCOME. CONQUER.