

2025 SUMMER STRENGTH & AGILITY (SUMMER ENRICHMENT ACADEMY)

Summer workouts will continue to be run through the CSD Summer Enrichment Academy. Students have the choice to sign up for one of three different courses (see name of each course and the dates/times that they will be run below).

NOTE: Registration opens Monday, February 3rd at 7:00 PM and closes Monday, May 30th at 11:00 PM. All steps for enrollment can be found at the bottom of this page.

The CHS Weight Room, Field House, Track and Alumni Field will all be used to conduct various phases of class. Each course is designed for students interested in improving their strength, speed, agility and conditioning, both to improve athletic performance and to improve their overall wellness. Structured workouts will be provided and proper technique and safety are emphasized. These classes are geared toward motivated students and regular attendance is expected.

2025 SUMMER STRENGTH & CONDITIONING DATES:

- Week 1: June 23-26
- Week 2: June 30, July 1,2
- Week 3: July 7-10
- Week 4: July 14-17
- Week 5: July 21-24
- Week 6: July 28-31

DAILY START AND END TIMES FOR SUMMER CLASSES:

- **Strength, Speed & Agility - Advanced Boys** (High School Boys - Current Grades 9-11. Three Sessions) 7:00-8:30 AM, 7:30-9:00, 4:00-5:30PM (Meets every M-T-W-TH) **Course ID: SEA401, SEA402, SEA403**
- **Strength, Speed & Agility - Girls** (High School Girls - Current Grades 8-11): 9:00-10:30 AM (Meets every M-T-W-Th) **Course ID: SEA404**
- **Strength, Speed & Conditioning - Intermediate Boys:** (Current Grade 8): 9:30-11:00 AM (Meets every M-T-W-TH) **Course ID: SEA405**
- **Strength, Speed & Agility - Entry Level Boys:** (Current Grade 6,7): 10:30-11:30 AM (Meets every M-T-W-Th) Capped at 100 total students **Course ID: SEA406**

ENROLLMENT & REGISTRATION INFORMATION:

- Click this link to review the [Course Catalog](#)
- [Registration](#) opens Monday, February 3rd at 7:00 PM and closes Monday, May 30th at 11:00 PM.
- **\$20 Fee**

If you have questions regarding enrollment in courses please contact **Kelly Schneiss**, Summer Academy Registrar, at kschneiss@cedarburg.k12.wi.us or 262-376-6505

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