

Strength & Conditioning

With Mr. Rose



When: Tuesday 3:30- 4:30 @ WAS

6 Classes: 1/6, 1/13, 1/20, 1/27, 2/3, 2/10

(Make up for snow day will be held on 2/24)

Who: 1st Grade- 5th Grade Only

Cost: \$160 per student (Limit 25 students)



Class Description: This class is for students who are interested in improving their strength, endurance, discipline, and self-esteem.

The class focuses on aerobic style circuit training that will benefit students in all sports (focus on indoor winter season sports), or any student just looking to get active. It's also a great and fun way to learn proper technique, form, and how to exercise safely.

Class Routine:

- Warm- up- Calisthenics, dynamic stretching, instant movement activities
- Circuit Training- Targeting specific muscle groups to increase muscular strength and endurance.
- Game- Strategy based cooperation game to enhance social skills, sportsmanship, and cardiovascular endurance.
- Cool Down- Stretching and breathing

Strength and Conditioning Enrollment Form

Due January 5, 2026

(Send Form and Payment with your child to main office)

Student Name _____ *Class* _____

Student Name _____ *Class* _____

Parent/Guardian Name _____

Home Phone/ Guardian Cell _____

Email _____

#Students _____ *x \$160 =* _____

(Cash, Check: payable to Andrew Rose, Venmo: @AnDy- Rose-4)

**For more information contact Andrew Rose at 973-459-0472 or
email arose@franklinlakes.k12.nj.us**