



## INTRODUCTION TO WEIGHTLIFTING WITH BIAN LAVERY

THIS CLASS IS DESIGNED FOR STUDENTS IN GRADES 5-8, REGARDLESS OF THEIR SKILL LEVEL. THE CLASS WILL CONSIST OF A COMBINATION OF STRENGTH TRAINING, HIGH-INTENSITY INTERVAL TRAINING, AND FUN GAMES AT THE END OF EACH SESSION. NO PRIOR EXPERIENCE IS REQUIRED TO PARTICIPATE. DURING THE CLASS, PARTICIPANTS WILL LEARN THE PROPER WAY TO LIFT AND WORKOUT IN A TECHNIQUE-DRIVEN FORMAT, WITH A STRONG EMPHASIS ON SAFETY.

**SATURDAYS MORNINGS: APRIL 20TH - MAY 25TH**

**TIME: 10:00 AM-11:30 AM**

**PRICE PER CHILD: \$30 FOR RES. \$45 FOR NON-RES.**

**GRADES: 5-8 / MAX CAPACITY - 15 STUDENTS**

**LOCATION: NAUSET REGIONAL MIDDLE SCHOOL GYM**

**WHAT TO BRING: WATER & ATHLETIC CLOTHING**

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