

High School Summer Course Offering!



Course Description:

Take care of .5 credit while learning to take care of your own health and wellness. This summer class will include classroom, weight room and outdoor activities and give you a head start on high school credits for the gym requirement. Start the day in the classroom learning the basics of nutrition, muscular and cardiovascular endurance, as well as creating and building healthy lifestyle habits. Each day will also include practical application of a healthy lifestyle through weight training and a variety of physical activities.

Course Schedule:

Week 1 | June 19 - 22 (M - Th)

Week 2 | June 26 - 29 (M - Th)

Week 3 | July 10 - 13 (M - Th)

Week 4 | July 17 - 20 (M - Th)

Class will meet from 8:00 - 12:00.

*Students must enroll in all 4 weeks to receive high school credit.

Course Instructor: Kelly Payne

Sign up in the front office or contact Ms. Shaffer.

Ms. Shaffer

608-767-2586

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