

# Nordic Dryland Clinics

Thursdays from 4:30 to 6:00  
July 7th - August 11th

Coach: Casey Nichols

\$10 per session or \$50  
for 6 sessions



## Activities:

- Warm up
- Stretching
- Plyometrics
- Agility
- Roller jump
- Paintball shooting

## Location:

69 Preston Road  
Lyme, NH

603-795-2203

[cassandranichols@hanovernorwichschools.com](mailto:cassandranichols@hanovernorwichschools.com)