

# Summer Sports Conditioning



## Six Week Program

Mon, Wed, Fri

July 6<sup>th</sup> - August 14<sup>th</sup>

2:30-4:00 pm

**For Boys and Girls Ages 10-14**

This six week program will allow young athletes to learn the basic skills for strength, speed, endurance and agility.

Sign up at the front desk. Space is Limited!

Six Weeks: \$270 Members

\$350 Nonmembers

Weekly Rate: \$68 Members

\$80 Nonmembers

½ price for second family member that joins

Once the program is completed, 12-14 year old participants will have access to the fitness facility when accompanied by a parent

**For more information, contact Tim Crowley, Director of Fitness at  
TC2coaching@comcast.net**