

SPEED AND AGILITY CAMP

AGES 9-18

**SATURDAY MORNINGS
JUNE 29 - AUGUST 17**

Working on overall mechanics
for **speed** and **agility**

Skills in these sessions
are easily translated
to ANY sport

9-12 Year Olds
9:00 - 10:00AM

13-15 Year Olds
10:15 - 11:15AM

16-18 Year Olds
11:30AM - 12:30PM

\$150/8 Week Program
or \$25 Drop-in Per Session

LED BY ZACH JONES & JESSE BOWIE



REGISTER TODAY

For questions: 315-941-2310

