



**SPORTS  
PERFORMANCE**



# SUMMER CAMPS

## SPEED & AGILITY

Speed & Agility Club is for athletes and non-athletes that want to focus on sport specific speed. Sessions will include evaluation and monitoring of speed, agility and mobility using a variety of field tests and timing systems. The club will provide a variety of training methods to improve acceleration, components of change of direction and explosiveness.

**Monday/Wednesday** – \$75/3-week session/athlete | **Maximum of 20 athletes per 3-week session**

## WEIGHTLIFTING

Weightlifting Club is for athletes and non-athletes that want to take their training up a notch. This training program will focus on learning and incorporating different style lifts and their progressions to maximize athletic performance. The goal of this club is to maximize strength, power and endurance to improve athletic performance. Modifications will be made for athletes if necessary and to help specialize in the athlete's sport.

**Tuesday/Thursday** – \$75/3-week session/athlete | **Maximum of 20 athletes per 3-week session**

**Monday through Thursday Combo** – \$120/3-week session/athlete

**12 p.m. – 1 p.m.** Ages 9-11 • **3 p.m. – 4 p.m.** Ages 12-14

**Session 1:** June 13 - June 30

**Session 2:** July 11 - July 28

**Session 3:** August 8 - August 25

**SIGN UP AT THE WELCOME DESK**

**IF THERE ARE ANY QUESTIONS, PLEASE CONTACT  
SHELLIE AT [SHELLIE@BEFITNESSCENTER.COM](mailto:SHELLIE@BEFITNESSCENTER.COM)**

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