





ATHLETIC DEVELOPMENT CAMPS AND PROGRAMS



PERFORMANCE ENHANCEMENT

READY TO TAKE YOUR GAME TO

THE NEXT LEVEL?

LET'S GET STARTED



ATHLETIC DEVELOPMENT CAMPS AND PROGRAMS

IMPROVE STRENGTH, MOVEMENT, SPEED, ENDURANCE, AND TECHNIQUE THROUGH OUR ATHLETIC DEVELOPMENT SESSIONS AND CAMPS. LET CHOICE HEALTH & FITNESS' SPORTS PERFORMANCE TRAINERS HELP YOU MAKE THIS SEASON YOUR BEST!

SESSIONS | 4-WEEKS

JUNE SESSION

1 - 26
JUNE JUNE Reg

eadline

6 JULY - 31



3 - 28
AUGUST AUGU

-28 JULY
AUGUST Reg. Deadli
Late Fee: \$

CAMPS | 9-WEEKS

CAMP DATES

1 7 AUG

No Camp: June 29 - July 5

CORE STRENGTH AGILITY | 8-11 YEARS

(2) 45-MINUTE ATHLETIC DEVELOPMENT CLASSES / WEEK | 4-WEEK SESSIONS

Full-body strengthening using body weight, medicine balls, kettle bells, and cables to develop body awareness and proper technique. Emphasis on quick feet, change of direction, and core exercises to develop agility and core strength for elementary aged athletes.

GROUP	TRAINER	TIME	LOCATION	DAYS	COST	4-WEEK SESSION
Coed ES Group 1	Austin Jackson	11:30am-12:15pm	ICON	M & W	\$96	June, July, August Sessions
Coed ES Group 2	Jared Connell	4:15pm-5:00pm	ICON	M & W	\$96	June, July, August Sessions
Coed ES Group 3	Austin Jackson	11:30am-12:15pm	ICON	T & TH	\$96	June, July, August Sessions
Coed ES Group 4	Jared Connell	4:15pm-5:00pm	ICON	T & TH	\$96	June, July, August Sessions

SPORTS ACADEMY | 2ND-8TH GRADE

(2) 30-MINUTE ATHLETIC DEVELOPMENT CLASSES / WEEK | 4-WEEK SESSIONS

Sports Academy focuses on foot speed and strength training to aid youth athletes in improving their overall athletic game.

GROUP	TRAINER	TIME	LOCATION	DAYS	COST	4-WEEK SESSION
Sports Academy Group 1	Jared Connell	9:15am-9:45am	Choice PT	M & W	\$72	June, July, August Sessions
Sports Academy Group 2	Jared Connell	10:15am-10:45am	Choice PT	M & W	\$72	June, July, August Sessions

YOUTH & ADULT PERSONAL SPORTS TRAINING | 8+ YEARS

PERSONAL PROGRAM: INDEPENDENT STRENGTH & CONDITIONING

Designed for athletes with skilled body awareness and lifting experience as well as athletes that cannot commit to specific group training. Includes personal needs analysis, progressive personal 6-week training program, and (2) personal training sessions to learn exercises and review progress.

	-			=		· -
GROUP	TRAINER	TIME	LOCATION	DAYS	COST	4-WEEK SESSONS
Independent Strength & Conditioning	Choice Trainer	TBD	TBD	TBD	\$120	June, July, August Sessions



(2) 30-MINUTE ATHLETIC DEVELOPMENT CLASSES / WEEK | 9-WEEK CAMP

GROUP	TRAINER	TIME	LOCATION	DAYS	COST	9-WEEK CAMP
10U/12U Girls	Jorid Dagfinrud	11:30am-12:00pm	Yoga Room	M & W	\$162	June 1 - Aug. 7 Camp

HIGH SCHOOL & POST GRAD | 14+ YEARS

(4) 1-HOUR ATHLETIC DEVELOPMENT CLASSES / WEEK | 9-WEEK CAMP

GROUP	TRAINER	TIME	LOCATION	DAYS	COST	9-WEEK CAMP
HS Boys Group 1	Jorid Dagfinrud	7:45am-8:45am	ICON	M, T, TH, F	\$540	June 1 - Aug. 7 Camp
HS Boys Group 2	Jorid Dagfinrud	9:00am-10:00am	ICON	M, T, W, TH	\$540	June 1 - Aug. 7 Camp
HS Girls Group 1	Austin Jackson	6:30am-7:30am	Choice PT	M, T, TH, F	\$540	June 1 - Aug. 7 Camp
HS Girls Group 2	Austin Jackson	7:45am-8:45am	Choice PT	M, T, TH, F	\$540	June 1 - Aug. 7 Camp

(3) 45-MINUTE ATHLETIC DEVELOPMENT CLASSES / WEEK | 9-WEEK CAMP

GROUP	TRAINER	TIME	LOCATION	DAYS	COST	9-WEEK CAMP
HS Girls Group 3	Jorid Dagfinrud	10:30am-11:15am	Yoga Room	M, W, F	\$324	June 1 - Aug. 7 Camp

PRIVATE TRAINING GROUPS

Private Training Groups are organized by coaches, teams, and trainers.

If you are participating in a private group program, please contact your coach or trainer for your group assignment.

GROUP	TRAINER	TIME	LOCATION	DAYS	COST	SESSION / CAMP DATES
Private Group A	Chris Langei	6:30am-7:30am	ICON	M, T, TH, F	\$540	June 1 - Aug. 7 Camp
Private Group B	Chris Langei	10:15am-11:15am	ICON	M, T, W, TH	\$540	June 1 - Aug. 7 Camp
Private Group C	Jorid Dagfinrud	1:15pm-2:00pm	ICON	M & W	\$216	June 1 - Aug. 7 Camp
Private Group D	Jorid Dagfinrud	1:15pm-2:00pm	ICON	T & TH	\$216	June 1 - Aug. 7 Camp
Private Group E	Jorid Dagfinrud	2:15pm-3:00pm	ICON	M, T, W, TH	\$432	June 1 - Aug. 7 Camp
Private Group F	Jorid Dagfinrud	3:15pm-4:00pm	Yoga Room	T & TH	\$216	June 1 - Aug. 7 Camp
Private Group G	Jorid Dagfinrud	10:30am-11:15am	Yoga Room	T & TH	\$216	June 1 - Aug. 7 Camp
Private Group H	Jorid Dagfinrud	11:30am-12:00pm	ICON	T & TH	\$162	June 1 - Aug. 7 Camp
Private Group I	Jared Connell	3:15pm-3:45pm	ICON	M & W	\$72	June, July, August Sessions

ATHLETIC DEVELOPMENT | CAMPS AND PROGRAMS REGISTRATION

Parent Name(s):	Name:			Da	te of Birth:	Gender: M F
Partent Phone:				Email:		
	Address:			City/St	ate/Zip:	
	,			•		
Parent/Guardian Signature:	I hereby acknowledge the health of my child I hereby release the Grand Forks Park Distri- attending this program. I also understand the	, listed above, to be ready fict, Choice Health & Fitnes	or vigorous activity a s and all employees,	and authorize the executors, and	directors to secure any emergency tre heirs from all claims for injuries, which	eatment deemed necessary, and that may be sustained by my child while
DAYS COST						
CORE STRENGTH & AGILITY (8-11 YEARS) GROUP TIME Cost 58 Group 1 Cost 58 Group 2 4 11pen 503pm M & W Strict Cost 58 Group 3 11 30mm 12:15pm M & W Strict SPORTS ACADEMY (2nd - 8th GRADE) GROUP TIME DAYS COST SPORTS ACADEMY (2nd - 8th GRADE) GROUP TIME DAYS COST SPORTS ACADEMY (2nd - 8th GRADE) GROUP TIME DAYS COST SPORTS ACADEMY (2nd - 8th GRADE) GROUP TIME DAYS COST SPORTS ACADEMY (2nd - 8th GRADE) GROUP TIME DAYS COST HIGH SCHOOL & POST GRAD (14+ YEARS) GROUP TIME DAYS COST PLEASE SELECT CAMP(S) PWEEK CAMP (JUNE 1 - AUG. 7) PLEASE SELECT CAMP(S) PWEEK CAMP (JUNE 1 - AUG. 7) PRIVATE GROUPS (Participants must coordinate with coachtriante before registering) PRIVATE GROUPS (Participants must coordinate with coachtriante before registering) PRIVATE GROUPS (Participants must coordinate with coachtriante before registering) PRIVATE GROUPS (Participants must coordinate with coachtriante before registering) PRIVATE GROUPS (Participants must coordinate with coachtriante before registering) PRIVATE GROUPS (Participants must coordinate with coachtriante before registering) PRIVATE GROUPS (Participants must coordinate with coachtriante before registering) PRIVATE GROUPS (Participants must coordinate with coachtriante before registering) PRIVATE GROUPS (Participants must coordinate with coachtriante before registering) PRIVATE GROUPS (Participants must coordinate with coachtriante before registering) PRIVATE GROUPS (Participants must coordinate with coachtriante before registering) PRIVATE GROUPS (Participants must coordinate with	Parent/Guardian Signature.			Date.		
CORE STRENGTH & AGILITY (8-11 YEARS) GROUP TIME Cost 58 Group 8 11:30mm 12:15mm M & W Sho Cost 58 Group 2 4:15pm 5:00pm T & TH Sho Cost 58 Group 4 4:15pm 5:00pm T & TH Sho Cost 58 Group 4 4:15pm 5:00pm T & TH Sho Cost 58 Group 4 4:15pm 5:00pm T & TH Sho Cost 58 Group 4 4:15pm 5:00pm T & TH Sho Cost 58 Group 4 4:15pm 5:00pm T & TH Sho Cost 58 Group 4 4:15pm 5:00pm T & TH Sho Cost 58 Group 5 SPORTS ACADEMY (2nd - 8th GRADE) Sports Academy Group 1 Sports Academy Group 1 Sports Academy Group 1 Sports Academy Group 2 FILEMENTARY & MIDDLE (9-12 YEARS) GROUP TIME DAYS COST SROUP TIME DAYS COST HIGH SCHOOL & POST GRAD (14+ YEARS) GROUP TIME DAYS COST HIGH SCHOOL & POST GRAD (14+ YEARS) GROUP TIME DAYS COST HIGH SCHOOL & POST GRAD (14+ YEARS) GROUP TIME DAYS COST HIGH SCHOOL & POST GRAD (14- YEARS) GROUP TIME DAYS COST HIGH SCHOOL & POST GRAD (14- YEARS) GROUP TIME DAYS COST HIGH SCHOOL & POST GRAD (14- YEARS) GROUP TIME DAYS COST HIGH SCHOOL & POST GRAD (14- YEARS) GROUP TIME DAYS COST HIGH SCHOOL & POST GRAD (14- YEARS) GROUP TIME DAYS COST SHEEK CAMP (JUNE 1 - AUG. 7) PHEASE SELECT CAMP(S) SPWEEK CAMP (JUNE 1 - AUG. 7) PHEASE SELECT CAMP(S) SPWEEK CAMP (JUNE 1 - AUG. 7) PHEASE SELECT CAMP(S) SPWEEK CAMP (JUNE 1 - AUG. 7) PHEASE SELECT SESSION (CAMP(S) SPURE ACADE AUG. 9 CAMP PHONE Group 1 11:5pm 2:0pm M M W Stile JUNE 1 - AUG. 9 CAMP PHONE Group 1 11:5pm 2:0pm M M W Stile JUNE 1 - AUG. 9 CAMP PHONE Group 1 11:5pm 2:0pm M M W Stile JUNE 1 - AUG. 9 CAMP PHONE Group 1 11:5pm 2:0pm M M W Stile JUNE 1 - AUG. 9 CAMP PHONE Group 1 JUNE 1 - AUG. 9 CAMP PHONE Group 1 JUNE 1 - AUG. 9 CAMP PHONE Group 1 JUNE 1 - AUG. 9 CAMP JUNE 1 - AUG. 9 CAMP PHONE Group 1 JUNE 1 - AUG. 9 CAMP JUNE 1 - AUG. 9	DI EAGE GELEPT THE PAL	ID/DDUCD VM(G	C GEGGIUI	N DATEC I	END WUICH VAII WAII	IN LIVE TO DECICTED
Code Cottage Code Cottage Code C	LTEADE DEFECT THE CAN	IF/FRUUKAM(3)) a sessini	I DAIEO I	TUK WHICH TUU WUU	TN TIVE IN VERIBLEK
Code Cottage Code Cottage Code C						
Cose ES Group 2						
Code ES Group 2	GROUP	TIME	DAYS	COST	JUNE 1 - 26 JULY 6-31	AUG. 3 - 28
Cood ES Group 3	Coed ES Group 1	11:30am-12:15pm	M & W	\$96		
SPORTS ACADEMY (2nd - 8th GRADE)	Coed ES Group 2	4:15pm-5:00pm	M & W	\$96		
SPORTS ACADEMY (2nd - 8th GRADE)	Coed ES Group 3	11:30am-12:15pm	T & TH	\$96		
Sports Academy Group 1 9:15am-9:45am M & W \$72	Coed ES Group 4	4:15pm-5:00pm	T & TH	\$96		
Sports Academy Group 1 9:15am-9:45am M & W \$72						
GROUP TIME DAYS COST JUNE 1 - 26 JULY 6 - 31 AUG. 3 - 28						
Sports Academy Group 1 S-15am-9-45am M & W \$72			DAYS	COST		
Sports Academy Group 2					JUNE 1 - 26 JULY 6-31	AUG. 3 - 28
ELEMENTARY & MIDDLE (9-12 YEARS) GROUP TIME DAYS OOST 10U / 12U Girls 11:30am-12:00pm M & W S162 PLEASE SELECT CAMP(S) 9-WEEK CAMP (UINE 1- AUG. 7) HIGH SCHOOL & POST GRAD (14+ YEARS) GROUP TIME DAYS GROUP TIME DAYS COST HS Boys Group 1 7-45am-8-45am M, T, TH, F S540 HS Girls Group 2 7-45am-8-45am M, T, TH, F S540 HS Girls Group 2 7-45am-8-45am M, T, TH, F S540 HS Girls Group 3 10:30am-11:15am M, W, F S324 PRIVATE GROUPS ("Participants must coordinate with coach/trainer before registering) GROUP TIME DAYS COST Private Group B 10:15am-11:15am M, T, W, TH S540 Private Group C 1:15pm-2:00pm M & W S216 Private Group C 1:15pm-2:00pm T & TH S410 Private Group C 1:15pm-2:00pm T & TH S420 Private Group C 1:15pm-3:00pm T & TH S420 Private Group F 3:15pm-4:00pm T & TH S420 Private Group F 3:15pm-4:00pm T & TH S420 Private Group G 10:30am-11:15am T & TH S216 JUNE 1 - AUG. 9 CAMP Private Group F 3:15pm-4:00pm T & TH S420 JUNE 1 - AUG. 9 CAMP Private Group G 11:30am-12:00pm T & TH S420 JUNE 1 - AUG. 9 CAMP Private Group G 11:30am-12:15am T & TH S216 JUNE 1 - AUG. 9 CAMP Private Group G 11:30am-12:00pm T & TH S420 JUNE 1 - AUG. 9 CAMP Private Group G 11:30am-12:00pm T & TH S420 JUNE 1 - AUG. 9 CAMP Private Group G 11:30am-12:15am T & TH S216 JUNE 1 - AUG. 9 CAMP Private Group G 11:30am-12:00pm T & TH S420 JUNE 1 - AUG. 9 CAMP Private Group G 11:30am-12:00pm T & TH S420 JUNE 1 - AUG. 9 CAMP Private Group G 11:30am-12:00pm T & TH S420 JUNE 1 - AUG. 9 CAMP Private Group G Private Group G 11:30am-12:00pm T & TH S420 JUNE 1 - AUG. 9 CAMP Private Group G Pr	, , ,					
HIGH SCHOOL & POST GRAD (14+ YEARS)	Sports Academy Group 2	10:15am-10:45am	M & W	\$72		
Section Continue	GROUP	TIME			` '	.7)
Section Continue						
Section Time Days Cost Section Section Cost Section Section Cost Section Sec	UICH SCHOOL & BOST CRAD (14. VEADS)			DI FACE CEL FOT CAMP(C)	
HS Boys Group 1			DAYS	COST		.7)
HS Boys Group 2 9:00am-10:00am M. T. W. TH \$540 HS Girls Group 1 6:30am-7:30am M. T. TH, F \$540 HS Girls Group 2 7:45am-8:45am M. T. TH, F \$540 HS Girls Group 3 10:30am-11:15am M. W. F \$324 PRIVATE GROUPS (*Participants must coordinate with coach/trainer before registering) GROUP TIME DAYS COST Private Group A 6:30am-7:30am M. T. TH, F \$540 Private Group B 10:15am-11:15am M. T. W. TH \$540 Private Group C 1:15pm-2:00pm M. & W \$216 Private Group D 1:15pm-2:00pm T. & TH \$216 Private Group E 2:15pm-3:00pm M. T. W. TH \$432 Private Group F 3:15pm-4:00pm T. & TH \$216 Private Group G 10:30am-11:15am T. & TH \$216 Private Group G 10:30am-11:15am T. & TH \$216 Private Group H 11:30am-12:00pm T. & TH \$162 Private Group H 11:30am-12:00pm T. & TH \$162 Private Group I 3:15pm-3:45pm M. & W \$72 PUEASE SELECT SESSION / CAMP(S) PLEASE SELECT SESSION / CAMP(S) 9-WEEK CAMP / 4-WEEK SESSION 1 JUNE 1 - AUG. 9 CAMP 2 JUNE 1 - AUG. 9 CAMP 2 JUNE 1 - AU						
HS Girls Group 1 6:30am-7:30am M. T. TH, F \$540 HS Girls Group 2 7:45am-8:45am M. T. TH, F \$540 HS Girls Group 3 10:30am-11:15am M. W. F \$324 PRIVATE GROUPS ("Participants must coordinate with coach/trainer before registering) GROUP TIME DAYS COST Private Group A 6:30am-7:30am M. T. TH, F \$540 Private Group B 10:15am-11:15am M. T. W. TH \$540 Private Group C 1:15pm-2:00pm M & W \$216 Private Group D 1:15pm-2:00pm M. T. TH \$216 Private Group E 2:15pm-3:00pm M. T. TH \$216 Private Group F 3:15pm-4:00pm T & TH \$216 Private Group G 10:30am-11:15am T & TH \$216 Private Group G 10:30am-11:15am T & TH \$216 Private Group H 11:30am-12:00pm T & TH \$162 Private Group H 11:30am-12:00pm T & TH \$162 Private Group I 3:15pm-3:45pm M & W \$72 PUEASE SELECT SESSION / CAMP(S) 9-VEEK CAMP / 4-VEEK SESSION 9-VEEK CAMP / 4-VEEK	, , , , , , , , , , , , , , , , , , ,					
HS Girls Group 2		6:30am-7:30am			_	
PRIVATE GROUPS (*Participants must coordinate with coach/trainer before registering) PRIVATE GROUPS (*Participants must coordinate with coach/trainer before registering) PLEASE SELECT SESSION / CAMP(S) Private Group A						
GROUP TIME DAYS COST 9-WEEK CAMP / 4-WEEK SESSION Private Group A 6:30am-7:30am M, T, TH, F \$540 JUNE 1 - AUG. 9 CAMP Private Group B 10:15am-11:15am M, T, W, TH \$540 JUNE 1 - AUG. 9 CAMP Private Group C 1:15pm-2:00pm M & W \$216 JUNE 1 - AUG. 9 CAMP Private Group D 1:15pm-2:00pm T & TH \$432 JUNE 1 - AUG. 9 CAMP Private Group E 2:15pm-3:00pm M, T, W, TH \$432 JUNE 1 - AUG. 9 CAMP Private Group F 3:15pm-4:00pm T & TH \$216 JUNE 1 - AUG. 9 CAMP Private Group G 10:30am-11:15am T & TH \$216 JUNE 1 - AUG. 9 CAMP Private Group H 11:30am-12:00pm T & TH \$162 JUNE 1 - AUG. 9 CAMP Private Group I 3:15pm-3:45pm M & W \$72 JUNE 1 - 26 JULY 6 - 31 AUG. 3 - 28 YOUTH & ADULT (8+ YEARS) PERSONAL PROGRAM PLEASE SELECT PROGRAM(S) & SESSION(S)						
GROUP TIME DAYS COST 9-WEEK CAMP / 4-WEEK SESSION Private Group A 6:30am-7:30am M, T, TH, F \$540 \$540 \$JUNE 1 - AUG. 9 CAMP Private Group B 10:15am-11:15am M, T, W, TH \$540 \$JUNE 1 - AUG. 9 CAMP Private Group C 1:15pm-2:00pm M & W \$216 \$JUNE 1 - AUG. 9 CAMP Private Group D 1:15pm-2:00pm T & TH \$432 \$JUNE 1 - AUG. 9 CAMP Private Group E 2:15pm-3:00pm T & TH \$432 \$JUNE 1 - AUG. 9 CAMP Private Group F 3:15pm-4:00pm T & TH \$216 \$JUNE 1 - AUG. 9 CAMP Private Group G 10:30am-11:15am T & TH \$216 \$JUNE 1 - AUG. 9 CAMP Private Group H 11:30am-12:00pm T & TH \$162 \$JUNE 1 - AUG. 9 CAMP Private Group I 3:15pm-3:45pm M & W \$72 \$JUNE 1 - 26 \$JULY 6 - 31 AUG. 3 - 28 YOUTH & ADULT (8+ YEARS) PERSONAL PROGRAM PLEASE SELECT PROGRAM(S) & SESSION(S)					_	
GROUP TIME DAYS COST 9-WEEK CAMP / 4-WEEK SESSION Private Group A 6:30am-7:30am M, T, TH, F \$540 \$540 \$JUNE 1 - AUG. 9 CAMP Private Group B 10:15am-11:15am M, T, W, TH \$540 \$JUNE 1 - AUG. 9 CAMP Private Group C 1:15pm-2:00pm M & W \$216 \$JUNE 1 - AUG. 9 CAMP Private Group D 1:15pm-2:00pm T & TH \$432 \$JUNE 1 - AUG. 9 CAMP Private Group E 2:15pm-3:00pm T & TH \$432 \$JUNE 1 - AUG. 9 CAMP Private Group F 3:15pm-4:00pm T & TH \$216 \$JUNE 1 - AUG. 9 CAMP Private Group G 10:30am-11:15am T & TH \$216 \$JUNE 1 - AUG. 9 CAMP Private Group H 11:30am-12:00pm T & TH \$162 \$JUNE 1 - AUG. 9 CAMP Private Group I 3:15pm-3:45pm M & W \$72 \$JUNE 1 - 26 \$JULY 6 - 31 AUG. 3 - 28 YOUTH & ADULT (8+ YEARS) PERSONAL PROGRAM PLEASE SELECT PROGRAM(S) & SESSION(S)	PRIVATE GROUPS (*Participants or	ust coordinate with coa	ch/trainer before	rogistoring)	DI EASE SEI ECT SESSION / C	AMD(S)
Private Group A 6:30am-7:30am M, T, TH, F \$540 ☐ JUNE 1 - AUG. 9 CAMP Private Group B 10:15am-11:15am M, T, W, TH \$540 ☐ JUNE 1 - AUG. 9 CAMP Private Group C 1:15pm-2:00pm M & W \$216 ☐ JUNE 1 - AUG. 9 CAMP Private Group D 1:15pm-2:00pm T & TH \$216 ☐ JUNE 1 - AUG. 9 CAMP Private Group E 2:15pm-3:00pm M, T, W, TH \$432 ☐ JUNE 1 - AUG. 9 CAMP Private Group F 3:15pm-4:00pm T & TH \$216 ☐ JUNE 1 - AUG. 9 CAMP Private Group G 10:30am-11:15am T & TH \$216 ☐ JUNE 1 - AUG. 9 CAMP Private Group H 11:30am-12:00pm T & TH \$162 ☐ JUNE 1 - AUG. 9 CAMP Private Group I 3:15pm-3:45pm M & W \$72 ☐ JUNE 1 - 26 ☐ JULY 6 - 31 ☐ AUG. 3 - 28 YOUTH & ADULT (8+ YEARS) PERSONAL PROGRAM	`			<u> </u>		
Private Group B 10:15am-11:15am M, T, W, TH \$540 JUNE 1 - AUG. 9 CAMP Private Group C 1:15pm-2:00pm M & W \$216 JUNE 1 - AUG. 9 CAMP Private Group D 1:15pm-2:00pm T & TH \$216 JUNE 1 - AUG. 9 CAMP Private Group E 2:15pm-3:00pm M, T, W, TH \$432 JUNE 1 - AUG. 9 CAMP Private Group F 3:15pm-4:00pm T & TH \$216 JUNE 1 - AUG. 9 CAMP Private Group G 10:30am-11:15am T & TH \$216 JUNE 1 - AUG. 9 CAMP Private Group H 11:30am-12:00pm T & TH \$162 JUNE 1 - AUG. 9 CAMP Private Group I 3:15pm-3:45pm M & W \$72 JUNE 1 - 26 JULY 6 - 31 AUG. 3 - 28					JUNE 1 - AUG	. 9 CAMP
Private Group C 1:15pm-2:00pm M & W \$216 JUNE 1 - AUG. 9 CAMP Private Group D 1:15pm-2:00pm T & TH \$216 JUNE 1 - AUG. 9 CAMP Private Group E 2:15pm-3:00pm M, T, W, TH \$432 JUNE 1 - AUG. 9 CAMP Private Group F 3:15pm-4:00pm T & TH \$216 JUNE 1 - AUG. 9 CAMP Private Group G 10:30am-11:15am T & TH \$216 JUNE 1 - AUG. 9 CAMP Private Group H 11:30am-12:00pm T & TH \$162 JUNE 1 - AUG. 9 CAMP Private Group I 3:15pm-3:45pm M & W \$72 JUNE 1 - 26 JULY 6-31 AUG. 3 - 28						
Private Group D 1:15pm-2:00pm T & TH \$216 JUNE 1 - AUG. 9 CAMP Private Group E 2:15pm-3:00pm M, T, W, TH \$432 JUNE 1 - AUG. 9 CAMP Private Group F 3:15pm-4:00pm T & TH \$216 JUNE 1 - AUG. 9 CAMP Private Group G 10:30am-11:15am T & TH \$216 JUNE 1 - AUG. 9 CAMP Private Group H 11:30am-12:00pm T & TH \$162 JUNE 1 - AUG. 9 CAMP Private Group I 3:15pm-3:45pm M & W \$72 JUNE 1 - 26 JULY 6-31 AUG. 3 - 28 YOUTH & ADULT (8+ YEARS) PERSONAL PROGRAM PLEASE SELECT PROGRAM(S) & SESSION(S)					_	
Private Group E 2:15pm-3:00pm M, T, W, TH \$432 JUNE 1 - AUG. 9 CAMP Private Group F 3:15pm-4:00pm T & TH \$216 JUNE 1 - AUG. 9 CAMP Private Group G 10:30am-11:15am T & TH \$216 JUNE 1 - AUG. 9 CAMP Private Group H 11:30am-12:00pm T & TH \$162 JUNE 1 - AUG. 9 CAMP Private Group I 3:15pm-3:45pm M & W \$72 JUNE 1 - 26 JULY 6-31 AUG. 3 - 28 YOUTH & ADULT (8+ YEARS) PERSONAL PROGRAM PLEASE SELECT PROGRAM(S) & SESSION(S)	·				<u>=</u>	
Private Group F 3:15pm-4:00pm T & TH \$216 JUNE 1 - AUG. 9 CAMP Private Group G 10:30am-11:15am T & TH \$216 JUNE 1 - AUG. 9 CAMP Private Group H 11:30am-12:00pm T & TH \$162 JUNE 1 - AUG. 9 CAMP Private Group I 3:15pm-3:45pm M & W \$72 JUNE 1 - 26 JULY 6-31 AUG. 3 - 28 YOUTH & ADULT (8+ YEARS) PERSONAL PROGRAM PLEASE SELECT PROGRAM(S) & SESSION(S)						
Private Group G 10:30am-11:15am T & TH \$216 JUNE 1 - AUG. 9 CAMP Private Group H 11:30am-12:00pm T & TH \$162 JUNE 1 - AUG. 9 CAMP Private Group I 3:15pm-3:45pm M & W \$72 JUNE 1 - 26 JULY 6-31 AUG. 3 - 28 YOUTH & ADULT (8+ YEARS) PERSONAL PROGRAM PLEASE SELECT PROGRAM(S) & SESSION(S)					= = =	
Private Group H 11:30am-12:00pm T & TH \$162 JUNE 1 - AUG. 9 CAMP Private Group I 3:15pm-3:45pm M & W \$72 JUNE 1 - 26 JULY 6-31 AUG. 3 - 28 YOUTH & ADULT (8+ YEARS) PERSONAL PROGRAM PLEASE SELECT PROGRAM(S) & SESSION(S)						
Private Group I 3:15pm-3:45pm M & W \$72 JUNE 1 - 26 JULY 6-31 AUG. 3 - 28 YOUTH & ADULT (8+ YEARS) PERSONAL PROGRAM PLEASE SELECT PROGRAM(S) & SESSION(S)	·				<u> </u>	
YOUTH & ADULT (8+ YEARS) PERSONAL PROGRAM PLEASE SELECT PROGRAM(S) & SESSION(S)						
	Private Group I	3: 15pm-3:45pm	IVI & VV	\$12	JUNE 1 - 26 JULY 6-3	MUG. 3 - 28
	YOUTH & ADULT (8+ YEARS) F GROUP			COST		
GROUP TIME DAYS COST JUNE 1 - 26 JULY 6 - 31 AUG. 3 - 28 Independent Strength & Conditioning TBD TBD \$120					JUNE 1-20 JULY 0-31	A00.3-20