



**Coordination**  
**Speed**  
**Agility**  
**Quickness**

# **Christmas Break**

## **SPEED & AGILITY CAMPS**

**Fun and interactive day camps of building your speed and agility and teaching the essentials to become the best athlete you can be!**

**December 22<sup>nd</sup> - December 31<sup>st</sup>**  
**(Excluding December 25<sup>th</sup> & 26<sup>th</sup>)**  
**8:30am - 12:00pm**

**Cost \$30/day or \$150 for all 6 camps**



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