**ATHLETIC PERFORMANCE CAMP 21**



**4 WEEK PROGRESSIVE PROGRAM INCLUDING:**

 **A. CORE STRENGTH / ENDURANCE**

**B. MUSCULAR STRENGTH / ENDURANCE**

**C. EXPLOSIVE POWER**

**D. BALANCE**

**CAMP DATES**

**MAY 2, 2021**

 **MAY 9, 2021**

 **MAY 16, 2021**

 **MAY 23, 2021**

 **CAMP TIMES**

 **10am -11:30 pm AGES 10-12; 12pm – 1:30pm AGES 13 and up**

 **LOCATION: CACTUS PARK ( CACTUS & SCOTTSDALE RD)**

 **Hosted by**

 **Robert Lutfy(****boblutfy@gmail.com****)**

 **BJ Bennett(****bjbennett@athleticacademydynasty.com****)**

 **\*Pre-registration (all 4 progressive camps) $175**

 **\*Day of first camp  (all 4 camps) $200**