**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**](mailto:boblutfy@gmail.com)**)**

**BJ Bennett(**[**bjbennett@athleticacademydynasty.com**](mailto:bjbennett@athleticacademydynasty.com)**)**

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

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