

Summer
2012



June
18th-
Aug.
9th

Sports Enhancement Training

**YOUTH SUMMER CAMP (Ages 9-11)
STRENGTH & CONDITIONING**

WHAT'S INCLUDED?

- *Dynamic and Static Flexibility Exercises*
- *Agility/Speed Training*
- *Introduction to Strength Training Exercises*
- *CORE Strength Training*
- *Aerobic Exercise for Improved Endurance*
- *FUN!!!*

Looking for a way to start your journey toward becoming a faster, stronger athlete? Come join Access Acceleration's Youth Strength and Conditioning class to get started!

This class is designed for kids of all athletic abilities, ages 9-11, who are looking to get fit and have fun while doing it! With a mix of speed, agility, and strength training, this class will give you the training that you need to improve your performance in sport!



WHEN?

START: Monday, June 18th
END: Thursday, August 9th
(8 weeks)

See back for more details

Class Times:

(Monday—Thursday)
AM Session—11AM-12PM
PM Session—4PM-5PM

CONTACT US:

Access Health Building
1 Hampton Road, Suite 106
Exeter, NH 03833
(603) 778-4890
Email:
lbruce@accesssportsmed.com

TRAIN FOR THE GAME AT ACCELERATION!



SUMMER TRAINING 2012

SUMMER 2012: JUNE 18, 2012 - AUGUST 10, 2012

All Programs Are Conducted at Access Acceleration, 1 Hampton Rd, Exeter, NH 03833

PROGRAM	*Please Circle*	# WKS	*Please Circle*	*Please Circle*		
	DAYS		TIME OPTIONS	4wks	6wks	8wks
College Men/Women - 2 days	M,W or T,Th	8	7:00-9:00am,	\$210	\$315	\$420
	M,W or T,Th	6/18-8/10	6:30-8:30pm			
College Men/Women - 3 days	M,T,W,Th,F	8	7:00-9:00am,	\$275	\$430	\$575
	M,T,W,Th	6/18-8/10	6:30-8:30pm			
College Men/Women - 4 days	M,T,W,Th,F	8	7:00-9:00am,	\$350	\$525	\$690
	M,T,W,Th	6/18-8/10	6:30-8:30pm			
Elite High School - 2 days	M,W or T,Th	8	7-9am,8-10am,10-12pm	\$210	\$315	\$420
	M,W or T,Th	6/18-8/10	4-6pm,6:30-8:30pm			
Elite High School - 3 days	M,T,W,Th,F	8	7-9am,8-10am,10-12pm	\$275	\$430	\$575
	M,T,W,Th	6/18-8/10	4-6pm, 6:30-8:30pm			
Elite High School - 4 days	M,T,W,Th,F	8	7-9am,8-10am,10-12pm	\$350	\$525	\$690
	M,T,W,Th	6/18-8/10	4-6pm, 6:30-8:30pm			
Middle School - 2 days	M,W or T,Th	8	9:00am-11:00am	\$210	\$315	\$420
	M,W or T,Th	6/18-8/10	3:00-5:00pm			
Middle School - 3 days	M,T,W,Th,F	8	9:00am-11:00am	\$275	\$430	\$575
	M,T,W,Th	6/18-8/10	3:00-5:00pm			
Middle School - 4 days	M,T,W,Th,F	8	9:00am-11:00am	\$350	\$525	\$690
	M,T,W,Th	6/18-8/10	3:00-5:00pm			
Youth (ages 9-11) - 2 days	M,W or T,Th	8	11:00am-12:00N	\$120	\$180	\$240
	M,W or T,Th	6/18-8/9	4:00pm-5:00pm			
Youth (ages 9-11) - 3 days	M,T,W,Th	8	11:00am-12:00N	\$160	\$240	\$320
	M,T,W,Th	6/18-8/9	4:00pm-5:00pm			

*Maximum of 9 athletes per group for each time slot for all Elite Groups.

Athlete's Name:		Date of Birth:		Sex:	
Parent's Name:		Sport(s):			
Address:					
City:		State:		Zip:	
Phone:		Email:			
Payment Method:	VISA	MasterCard	Check	Cash	1 Payment or 3 Payments With Card
Name on Card:		Card #:		Exp Date:	
Signature of Parent/Guardian					