



WINTER SPEED & AGILITY CAMP

LEAD BY RYAN LESSMAN, MPH, NASM-CPT

JANUARY 2ND-FEBRUARY 18TH

REGISTRATION

Registration:

Nov 14th-Dec 23rd

Cost:

\$200/participant

(Includes 14 sessions,
45 minutes each)

AGE, DAY & TIME

Ages 8-11:

Monday/Wednesday 3:45-4:30pm

Ages 12-14:

Tuesday/Thursday 3:45-4:30pm

30 participants per group

7 Week Program

SESSIONS WILL BE HELD AT THE MARYVILLE COMMUNITY CENTER
1407 N. COUNTRY CLUB RD

INCREASE SPEED & AGILITY
INCREASE OVERALL ENDURANCE
IMPROVE ATHLETIC PERFORMANCE
IMPROVE BODY MECHANICS

MARYVILLE COMMUNITY CENTER
1407 N. COUNTRY CLUB RD
MARYVILLE, MO 64468



FOR MORE INFORMATION
CONTACT KALEY COULTER
660-562-2923