

**WHAT:***Youth Sports Conditioning (YSC) Summer Academy (Small group/10 person max/session)*

Strength, Speed and Agility for those youth athletes playing multiple sports; builds upper and lower body strength and improves functional movement such as quick stop and start, straight line and lateral quickness, acute change of direction skills.

*Basketball (BB) Skills Training Academy (Small group/8 person max/session).*

Improves dribbling and ball-handling, shooting mechanics and shot variety, and court vision. Additional focus on footwork and weak hand development

**WHO:**

8yrs.-17yrs. (3<sup>rd</sup> grade- 12<sup>th</sup> grade)

**WHEN:**

July 1, 2019 - August 23, 2019; Monday- Friday

\*Weekend days reserved for make-up sessions, by appointment)

**Schedule:****July 1 - July 11:**

M/W/F: 2pm-2:45pm - YSC

3pm-3:45pm - BB

4pm-4:45pm - YSC

5pm-5:45pm - BB

T/TH: 1pm-1:45pm - YSC

2pm-2:45pm - BB

3pm-3:45pm - YSC

4pm-4:45pm - BB

**July 15 - August 27:**

M-TH: 4pm-4:45pm - YSC

5pm-5:45pm - BB

6pm-6:45pm - YSC

7pm-7:45pm - BB

**WHERE:**

Blaisdell Park, Claremont

**HOW MUCH:**

PLAN A: 3 days/week, 21-24 sessions (depending on start date) = \$189-\$216 (\$9/session)

PLAN B: 2 days/week, 16 sessions = \$176 (\$11/session)

PLAN C: Individual rate, by appointment, 10 session minimum = \$150 (\$15/session)

\*\$13.5/session after 10 days or after Plan A or B.

**Discounts:**

PLAN A: \$168-\$192 (%11 off)

PLAN B: \$160 (%9 off)

Sibling Discount (\$10 off each sibling)

Referral Discount (\$20 off)

Income sensitive- Inquire within

**INCENTIVE:**

Fulfill PLAN A (24 days) or PLAN B (16 days) before the August 27<sup>th</sup>, **GET 5 ADDITIONAL SESSIONS FREE**