



# YOUTH SUMMER STRENGTH & CONDITIONING

REGISTRATION NOW OPEN

ONLY 15  
SPOTS  
AVAILABLE!!!

Join our upcoming 8-Week  
Strength & Conditioning camp for  
kids! This camp is perfect for kids  
to stay active and improve their  
strength and fitness levels in a  
safe way!

Space is limited to 15  
participants, so be sure to  
secure your child's spot early!

Register before April 15th and  
save \$100!!



JUNE 10TH  
- AUG 2ND

AGES  
8+

9 AM - 10 AM  
MON & WED

\$299 PER  
PERSON  
PRE REGISTRATION  
RATE

## What your child will learn:

- ✓ Proper warm up before training
- ✓ Fundamental strength training exercises
- ✓ Functional movements to enhance coordination and agility
- ✓ Injury prevention
- ✓ Goal setting

"This is not an Urbandale Community School District publication. The District neither endorses nor sponsors this organization or activity represented in this material. It is being distributed through the school district as a courtesy to inform families of community activities and events."

## EASY TO REGISTER

RESERVE YOUR CHILD'S SPOT BY SCANNING  
THE QR CODE



## REGISTRATION AFTER

APRIL 15TH IS \$399