

Athletic X-Training Pre Teen Summer Camp

PRE-TEEN

ATHLETIC X-TRAINING CAMP

Camp Strawberry:

PRE-TEEN ATHLETIC X-TRAINING CAMP

Participants will experience an athletic training program focused on developing the complete athlete in a fun and supportive environment. Designed for those interested in cross training, this camp will focus on all aspects of designing a personal and balanced workout with daily tennis, soccer and swimming. A variety of additional sports will be introduced and may include basketball, baseball, lacrosse and volleyball. Camp size is limited to provide individual attention and coaching opportunities in all activities.

Age: 8 - 12 years

Time: 9:30am – 4:30pm Max Campers: 16



Athletic X Training Camp Fee

1 Week \$303

4 Weeks \$269

CAMP DATES

(Monday-Friday)

Week 2 - June 11-15

Week 3 - June 18-22

Week 4 - June 25-29

Week 6 - July 9-13

Week 7 - July 16-20

Week 8 - July 23-27

Week 9 - July 30-Aug 3

Week 10 - Aug 6-10

Pre Teen X-Training Camp Daily Schedule

9:30am	Sign-in
10:00-10:45am	Cross Training, Stretching, and Running
10:45-11:30am	Tennis Lesson
11:30-11:55am	Swim Practice & Water Safety
12:00-12:45pm	Lunch
12:45-1:30pm	Movement, Yoga, Sports or Cooking
1:30-2:45pm	Soccer
2:45-3:30pm	Cross Training Core Strength
3:30-4:15pm	Multi-Sport (Basketball, Lacrosse, Volleyball)
4:15-4:30pm	Sign-out



Athletic X-Training Teen Fitness



**Running
MONDAYS**

5:30pm - 6:00pm

ATHLETIC TRAINING

STRAWBERRY RECREATION



**Swimming
MONDAYS**

6:15pm - 7:00pm

SRD ATHLETIC X TRAINING

RUNNING & SWIMMING FOR TEENS AGES 11-17

Build lean muscle and maintain a healthy lifestyle through these programs especially designed for teens. Whether participants swim or run competitively or for general fitness, mixing up workouts will improve core strength, endurance and speed. Core Training has a central role in establishing posture, alignment and stabilizing the lumbar and spine improving efficiency. Interval, endurance and speed training improve cardiovascular strength, muscular endurance and overall fitness level. Participants will do a variety of 30-minute running workouts around SRD and the Bay Trail, and then do a pool workout for 45 minutes. At the end of every session, each student will participate in SRD's Splash and Dash.

FEES:

\$100 for running only

\$160 for running & swimming

Please check our website for session dates and availability

WET & WACKY WEDNESDAYS

June 20 - July 25, 2018

12:30pm - 1:15pm

FEE: Free for Pool Pass Holders

Guest of Pass Holders - \$5/each

On select Wednesdays during the Summer, SRD will host friendly races and water activities for youth pass holders and Camp Strawberry CITs. Come join us at the pool for a good time with games and fun including: relay races, ring toss, sharks & minnows, duck race, water polo, cannonball contest, and much more! Don't miss out!

Register Online for all SRD Activities!!!