

SPEED & STRENGTH

X-CEL
SPORTS PERFORMANCE
AT PELICAN ATHLETIC CLUB

WHAT

SUMMER SPEED CAMPS

WHEN

Dates: *June 21st-June 25th & July 12th-July 16th*
Days: *Monday-Friday* Time: *1:00pm-4:00pm*

WHERE

X-CEL Speed & Strength Facility

HOW

Register with the Concierge

WHO

All sports ages 6-13

COST

\$125.00 for members
\$150.00 for non-members

CONTACT

For more information contact Jason De Melo
X-celsports@hotmail.com
985-626-3706 ext: 135

MORE INFO

Get your child ready for his or her next sport, by learning and understanding the mechanics of speed, quickness and agility training. Child development experts suggest that a child's greatest opportunity for motor learning occurs between the ages of 6 and 14.



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| MORE INFO | CONTACT | COST | WHO | HOW | WHERE | WHEN | WHAT |
|-----------|---------|------|-----|-----|-------|------|------|
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Date/Revised Date: _____
Expiration Date: _____