

CYPRESS LAKES YOUTH SUMMER SPORTS PERFORMANCE AND FITNESS CAMP



We are excited to offer a youth sports performance and fitness camp again this summer. Trainers Jason White and Austin Martin will be hosting this year's camp. Whether your child plays soccer, baseball, volleyball or any other sport or just needs to get some exercise and learn proper exercise form, this camp is for them. Please see the full list of the camp details below:

Camp Ages: 10 to 18

Camp Dates: June 10th through June 28th and July 8th through July 26th

Camp Times: 10:45am to 12:00pm

Camp Schedule: Mondays and Fridays will focus on strength and conditioning. Tuesdays and Thursdays will focus on speed and agility drills. Wednesdays will be play day. Activities such as swimming, golf, tennis, and basketball.

Camp Costs: \$175 per three-week session for members.

\$225 per three-week session for non-members.

Camp is only for three week sessions, no weekly or daily rates.

A parent's information and question meeting will be held on Wednesday April 17th at 6pm at Cypress Lakes Country Club. For any immediate questions please contact Jason White at 504-813-0988.