

IMPROVE YOUR MOVES

Summer Youth Performance Training Camp

Personal Trainer, Brad Longcor, FMS, enjoys working with athletes and helping them reach personal performance goals. Brad works with individuals to improve balance, stability and motor control while building on functional movement and adding components of strength training in the Youth Performance Training Program.

Strength & Agility Camp

13-14 yr: MW 9:00-9:45AM

14-18 yr: MW 10:00-10:45am

Y Members \$55

Non-Members \$80

Speed & Agility Camp

8-10 yr: T/ TH 9:00-9:45AM

10-12 yr: T/Th 10:00-10:45am

Y Members \$45

Non-Members \$70

Session 1: June 10th—July 5th

*(July 4th class will meet on July 3rd)

Session 2: July 8th—August 2nd

*Pre-assessment can be done prior to registration:

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