

OKANAGAN ADVENTURE BOOT CAMP

ATHLETIC TEEN CAMP



Who Is Conditioning Camp for?

- Athletes who want to be faster & stronger!**
- Teens that want to reshape their bodies!**
- Teens training for a specific event!**
- Teens training off and on season!**
- Teens that want to excel!**

Conditioning Camp will:

- Strengthen muscles, ligaments & tendons.**
- Increase speed & agility**
- Help with coordination**
- Increase performance**
- Help endurance**



AGILITY SPEED ENDURANCE REACTION

OK Adventure Boot Camp team are committed to optimizing athletic performance and reducing the potential for injury through comprehensive training programs that improve core strength and balance, increase explosive power, and enhance agility and speed in all sports.

Whether you want to develop your speed off the mark, explosive power, quickness, agility, stamina, foot movement, reaction time and all-out strength or aerobic endurance we will develop a program that will improve your skills & make you last!

Next Camp starts: March 10 / 2008

Mon & Wed nights 3:30pm - 4:30pm for 4 weeks

No classes over spring break

Classes will be held outside at different locations around Vernon.

Cost: 1 day a week \$50 // 2 days a week \$89

More info: www.okbootcamp.com

Sign up: Kelly@okbootcamp.com / 309-0222