

Sports Speed & Agility Training

Ages 7+

\$54

Looking to improve your skills in Soccer, Football, Tennis, Basketball, or sports in general? Speed & Agility training allows players to practice the ability to decelerate, accelerate, and change direction while maintaining good body control and without losing time in the transition. It has been said that outside of sport-specific skills, agility and speed are the primary determining factor for success in any sport. Players will develop coordination, balance, timing, flexibility and endurance. Youth ages 7 and up will have the opportunity to improve these skills essential for success in all sports, while making new friends and having fun. Min. 6 Max. 24

Competitive Soccer

Ages 7+

\$54

Experienced soccer players will work to enhance their overall fitness, coordination and explosiveness through conditioning, plyometrics, strength exercises and agility training. Players will learn and develop their skills and tactical strategies. Game play will be incorporated into each day. Min. 6 Max. 24

Soccer Mini Camps

Ages 3-7

\$54

Youth ages 3-7 will learn and practice the fundamentals of soccer through drills and games. This is a great class for beginners, to seasoned veterans looking to polish their game. Min. 6 Max. 24

Basketball Skills Camp

Grades K-5

\$54

Drop Step! Pivot! Jump Stop! Youth in grades K-5 will learn and improve their basketball fundamentals, while learning more about the game, and having fun. Min. 8 Max. 24

Soccer Camps

Fall Session 1 (6 camp dates)
Hansen Park-Ice Rink #2

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|---------------------------------|--------------|--|----------------|-------|
| Mini Camp | Ages 3 & 4 | Tuesday & Thursday August 9-August 25 | 5:30-6:15 pm | 13903 |
| Mini Camp | Ages 5,6 & 7 | Tuesday & Thursday August 9-August 25 | 6:15-7:15 pm | 13904 |
| Sports Speed & Agility Training | Ages 7+ | Tuesday & Thursday August 9-August 25 | 7:15-8:15 pm | 13911 |
| Mini Camp | Ages 3 & 4 | Monday August 29-October 10, No. Sept. 5 | 5:30-6:15 pm | 13905 |
| Mini Camp | Ages 5,6 & 7 | Monday August 29-October 10, No. Sept. 5 | 6:15-7:15 pm | 13906 |
| Sports Speed & Agility Training | Ages 7+ | Monday August 29-October 10, No. Sept. 5 | 7:15-8:15 pm | 13916 |
| Competitive Soccer | Ages 11-14 | Saturday, April 23-June 4 | 11:15-12:15 pm | 13290 |

Soccer Camps

Fall Session 2 (6 camp dates)
Highview Middle School Gymnasium South

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|---------------------------------|--------------|---|----------------|-------|
| Mini Camp | Ages 3 & 4 | Thursday October 20-December 1, No Nov. 24 | 6:00-6:45 pm | 13907 |
| Mini Camp | Ages 5,6 & 7 | Thursday October 20-December 1, No Nov. 24 | 6:45-7:45 pm | 13908 |
| Sports Speed & Agility Training | Ages 7+ | Thursday October 20-December 1, No Nov. 24 | 7:45-8:45 pm | 13912 |
| Mini Camp | Ages 3 & 4 | Saturday October 1-November 19, No Oct.15, Nov. 5 | 8:30-9:15 am | 13909 |
| Mini Camp | Ages 5,6 & 7 | Saturday October 1-November 19, No Oct.15, Nov. 5 | 9:15-10:15 am | 13910 |
| Competitive Soccer | Ages 7-10 | Saturday October 1-November 19, No Oct.15, Nov. 5 | 10:15-11:15 am | 13914 |
| Competitive Soccer | Ages 11-14 | Saturday October 1-November 19, No Oct.15, Nov. 5 | 11:15-12:15 pm | 13915 |

Fall Basketball

(6 camp dates)
New Brighton Community Center Gymnasium

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|-------------|------------|---|--------------|-------|
| Skills Camp | Grades K-2 | Sunday September 18-October 23 | 2:30-3:30 pm | 13919 |
| Skills Camp | Grades 3-5 | Sunday September 18-October 23 | 3:45-4:45 pm | 13917 |
| Skills Camp | Grades K-2 | Sunday November 6-December 18, No Nov. 27 | 2:30-3:30 pm | 13920 |
| Skills Camp | Grades 3-5 | Sunday November 6-December 18, No Nov. 27 | 3:45-4:45 pm | 13918 |