



**Game On 13  
and  
Game on Strength  
Invite you to...**



# Beat the Heat Camp

**ADDITIONAL  
DATES ADDED**

## **Schedule:**

**9:00am - 10:00am**

**A mixture of SAQ (Speed, Agility and Quickness) along with APT (Athlete Performance Training) which consists of Core Strength, Balance, Coordination and Stability.**

**10:00am - 12:00pm**

**Baseball/Softball Training and Instruction**

**12:00pm - 12:30pm**

**Lunch (remember to pack your lunch, drinks & snacks)**

**12:30pm - 2:00pm**

**Variety of Games; Kickball, Wiffleball, Dodgeball, Blitztball and other fun games**

**Ages:** Boys & Girls Ages 5-14

**Options:** Full Day 9:00am - 2:00pm  
Half Day 9:00am - 12:00pm

**Cost:** Full Day \$375/week Half Day \$250/week

Week #1 – June 27 - July 1

Week #2 – July 5 - 8

Week #3 – July 11 - 15

Week #4 – August 15 - 19

Week #5 – August 22 - 26

**DUE TO OVERWHELMING  
RESPONSE, THE FOLLOWING  
WEEKS HAVE BEEN ADDED:**

**July 18 - July 22**

**July 25 - July 29**

**August 8 - August 12**

***Spots are Filling Up Fast, so Book your spot now!!***