



HELPING YOUNG ATHLETES GO THE DISTANCE.

Train like a pro-athlete this summer.

2017 SUMMER SPEED, STRENGTH, & FUN CAMP

The **Keene Family YMCA** and the **Parisi Speed School of New Hampshire** are teaming up to offer the same training and recovery approaches used with professional and collegiate athletes! Using the Parisi Speed School's time-tested and evidence-based techniques, campers will:

- Learn proper running mechanics
- Improve speed, flexibility, and agility
- Build body strength
- Increase jumping skills
- Improve overall conditioning
- Gain self-confidence
- & much more!

CAMP DETAILS

For Ages 7-18

June 27th - August 7th

(6 week & 3 week options)

Every Tue & Thu 9am-12pm

3 WEEK RATES

Members: \$150

Community: \$180

6 WEEK RATES

Members: \$300

Community: \$360

***Refer a friend to camp, and you both get a FREE WEEK of classes at the Parisi Speed School of NH!**

TO REGISTER, CLICK HERE

or contact the Keene Family YMCA

603.352.6002 | keeneymca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

