



# ALL-SPORT CAMPS

Powered by  TRUEAP

## SPORTS & SPEED. AGILITY & QUICKNESS FOR AGES 7-11

- Learn proper form technique on running, change of direction, vertical jump/landing.
- Learn the importance of dynamic warm up, range of motion, core and joint stabilization/strength.
- Learn the skills of sports such as basketball, football, soccer, volleyball, etc.
- Have fun with dodgeball, kickball, wiffleball and other fitness related games!



### UPCOMING SCHEDULE

#### 1 DAY CAMPS (9am – 4pm)

Half and Full Day Options Available

MLK DAY: JANUARY 16<sup>TH</sup>, 2012

“NO SCHOOL” CAMP: JANUARY 30/31, 2012

PRESIDENT’S DAY: FEBRUARY 20<sup>TH</sup>, 2012

“NO SCHOOL” CAMP: APRIL 9<sup>TH</sup>, 2012

MEMORIAL DAY CAMP: MAY 28<sup>TH</sup>, 2012

#### WEEK-LONG CAMPS

Half and Full Day Options Available

Monday – Friday (9am – 4pm)

SPRING BREAK CAMP: APRIL 2<sup>ND</sup> – 6<sup>TH</sup>, 2012

SUMMER CAMPS: MANY OPTIONS AVAILABLE!

JUNE 25<sup>TH</sup> – AUGUST 31<sup>ST</sup>, 2012



#### PRICING:

##### 1 Day Camps:

Half-Day Option (9am-12pm or 1pm-4pm) - \$50

Full-Day Option (9am-4pm) - \$75

Early Drop-Off or Late-Pick-Up Available! Call or Email for Details.

##### Spring Break Camp:

Half-Day Option (9am-12pm or 1pm-4pm) - \$250

Full-Day Option (9am-4pm) - \$350

#### TO REGISTER:

- Go to [www.TrueAP.com](http://www.TrueAP.com) and click “Registration”
- Under the “nZone” section, click on “All-Sport Camps”
- Find your Camp and Follow the Prompts to Register
- Questions? Contact Kris Johnson at [kjohnson@trueap.com](mailto:kjohnson@trueap.com) or call 703-996-3500.



703-996-3500

[www.TRUEAP.com](http://www.TRUEAP.com)



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