MAKE SUMMER STRONG

SPORTS PERFORMANCE ENHANCEMENT CAMP

Summer Camp Program Benefits:

- Increase speed and agility
- Increase mobility and flexibility
- Increase strength and power production
- Improve posture and joint support
- Improve mood and confidence
- Increase physical appearance
- Enhance values of preparation, responsibility, self-discipline, and motivation
- Build self-esteem
- Provide quality training in the physical, cognitive, and social domains
- Give an edge against their competition and reduce risk of injuries
- Help promote performance training, strength and conditioning in NYC

**July 6th - 30th**
Sections A: 10 AM - 12 PM
Sections B: 10 AM - 12 PM
Sections C: 5 PM - 7 PM (Held at St. Francis College)
*Mon-Thurs

**August 3rd - 27th**
Sections A: 10 AM - 12 PM
Sections B: 10 AM - 12 PM
Sections C: 5 PM - 7 PM (Held at St. Francis College)
*Mon-Thurs

LOCATIONS:
- United Nations International School
- St. Francis College

Email: SuperMe@supermeperformance.com
Phone: 646-267-8497
Website: Supermeperformance.com/#!summer-program/c1q0y

2450 FDR Drive
New York, NY
10010-4046

180 Remsen St.,
Brooklyn Heights,
New York, 11201