



# Youth Summer Fit Camp



**WHAT:** Youth Summer Fit Camp  
**WHO:** Students age 9 to 17  
**WHEN:** June 23<sup>rd</sup> thru July 31<sup>st</sup> (six weeks)  
**TIME:** Ages 9-13 – 3:30 to 4:30 pm (Mon & Wed)  
 Ages 14-17 – 3:30 to 4:30 pm (Tues & Thurs)  
**WHERE:** Iron House CrossFit,  
 2920 Godfrey Road, Godfrey, IL  
**COST:** \$175 (due at registration)

This summer, Iron House CrossFit is offering a youth summer fit camp. The focus of the camp is to teach students basic skills to help them be the most well rounded athletes possible. The summer training will address the following attributes: *cardiovascular endurance, stamina, speed, strength, flexibility, power, coordination, agility, balance and accuracy.* Any athlete looking to improve these skills would benefit from this summer fit camp whether they play basketball, football, volleyball, baseball, softball, golf, track & field, wrestling, tennis, or any student looking to improve athletically.

This summer camp includes twelve sessions of intensive, progressively structured strength conditioning. The students will get ample opportunities to learn the fundamentals of how to conduct yourself safely and effectively in the gym.

**Class sizes are limited, so don't wait to register your student.**

For more information, contact Iron House CrossFit at 618-374-6081 or [info@ironhousecrossfit.com](mailto:info@ironhousecrossfit.com).

Your student will get stronger and faster when we get through with them!



NAME: \_\_\_\_\_ DOB: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_ SCHOOL: \_\_\_\_\_

EMERGENCY CONTACT: \_\_\_\_\_

ANY PAST/CURRENT INJURIES: \_\_\_\_\_