

SUMMER SPECTACULAR WORKOUTS

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Join us for our Co-Ed Summer Workouts
Open to 2015-16 3rd thru 8th graders
(current 2nd -7th graders)
June 1st – July 31st

Monday - Thursday

7am to 8:30am

\$20 each week or \$140 for entire summer

San Tan Charter School
Recker & Elliot

**Make checks to Kevin Hickman, give to him on each
Monday AND please also sign up here**

<http://www.signupgenius.com/go/20f0c4dafad2da02-summer>

Each participant will develop:

- ✓ Flexibility
- ✓ Position Specific Training
- ✓ Strength & Power
- ✓ Speed, Quickness, Balance & Agility
- ✓ Hand Eye Coordination
- ✓ Reduce the Likelihood of Injury



For any questions call Kevin @ 480-432-6373 or email at
khickman@santancs.com