



Summer Strength & Conditioning Camp



Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: (h) _____

Phone: (c) _____

Email: _____

Age: _____ Birthdate: _____ Gender: _____

Camp Program

Choose training days

Gold (4 days/wk) Mon - Thurs

Silver (2 days/wk) Mon & Wed Tues & Thurs

Bronze (2 days/wk) Mon & Wed Tues & Thurs

Choose training time (Please indicate session 1 or 2)

Session 1 2pm - 4pm 4pm - 6pm 6pm - 8pm

Session 2 7am - 9am 4pm - 6pm 6pm - 8pm

Bronze 7am - 9am 4pm - 6pm 6pm - 8pm

Payment Information

Amount Enclosed \$ _____ Please bill my:

Visa Mastercard

Card# _____ Exp Date _____

Signature _____

Check Enclosed

Make check payable to: ProEx Physical Therapy

Mail to: ProEx Physical Therapy, Rt 236 Suite# 210, Kittery, ME 03904

Our programs are a mix of dynamic stretching, agility training speed training, plyometrics, strength training, core training and olympic lifting.

A team of registered physical therapists licensed athletic trainers and certified strength and conditioning specialists are ready to offer you the competitive advantage in strength and conditioning.

Our Strength and Conditioning programs are designed for athletes of all levels. Whether you are a novice athlete or a collegiate sport prospect, we will design a program for you.

Programs*

Gold

\$550

Comprehensive program to prepare athlete for fall sport

2 hour training sessions

4 days per week

Ages 13 and up

Session 1 June 1st - July 31st

Monday - Thursday

2pm - 4pm, 4pm - 6pm, 6pm - 8pm

Session 2 June 22nd - Aug 21st

Monday - Thursday

7am - 9am, 4pm - 6pm, 6pm - 8pm

Silver

\$350

Designed for the athlete already in-season

2 days per week

2 hour training sessions

Ages 13 and up

Session 1 June 1st - July 31st

Mon & Wed or Tues & Thurs

2pm - 4pm, 4pm - 6pm, 6pm - 8pm

Session 2 June 22nd - Aug 21st

Mon & Wed or Tues & Thurs

7am - 9am, 4pm - 6pm, 6pm - 8pm

Bronze

\$60

Three week introduction to fundamentals

Designed to educate beginners on strength and conditioning

2 days per week

1 hour training sessions

Ages 8 - 12

Aug 10th - Aug 21st

Mon & Wed or Tues & Thurs

7am - 9am, 4pm - 6pm, 6pm - 8pm

* All Strength and Conditioning Programs are run out of the Seacoast United Indoor Facility in Hampton, NH.

(311 Winnacunnet Road)

For more information on our Strength and Conditioning Programs, please call 877-776-9843.