

# Coach Sonny's Youth Fitness Camp

@ Red Cedar Wellness & Fitness Center

*A fitness camp for both boys and girls, from 9-15 years old, who wish to work on their speed, agility, and weight training. Run by midget football coach Sonny Pacifico and staff, this camp will improve skills for athletes of all sports.*

Camp runs from: January 11 thru April 3, 2010  
Monday, Wednesday and Thursday: 5:45 pm to 7:00 pm  
Saturday 12:00 pm to 1:15 pm, (subject to change)



## Camp Focus:

- ✓ Enhance athletic performance including:  
Speed, Strength, Agility, Balance,  
Coordination, Flexibility, Core stability
- ✓ Learn proper running techniques
- ✓ Develop youth athletic talents
- ✓ Build self-esteem and confidence
- ✓ Have fun
- ✓ Educate on injury prevention

## Camp Cost:

Red Cedar Members: \$15 per month  
Non-Members: \$30 per month

## Registration @ Red Cedar:

Saturday, January 9th: Noon - 2:00 pm  
Sunday, January 10th: Noon - 2:00 pm

at this camp!"



Need more information?

Call Sonny Pacifico @ (717) 938-3992