

# SUMMER SPORTS PERFORMANCE CAMPS

**June 10th-August 23rd**  
**9:30am - 11:00am**

At The Arena Club we have created a unique program to train male and female athletes of all sports and positions. Our team of elite coaches come with sport specific training to coach and train athletes of every level. Our training programs are designed to develop a true athlete by using a variety of specialized exercises and drills that enhance an athlete's overall performance.

**Monday**  
**Tuesday**  
**Thursday**  
**Friday**

Resistance  
Over Speed  
Resistance/ Reaction  
Fun Friday/ Athletic Circuits

**\$200** (Paid in full, up front,  
per month)

**\$80** (Per Week)

**\$20** (Drop-in per day)

Bring your athlete in to train with our elite training staff...  
because **THERE IS NO OFF SEASON.**

Call for More Information!  
**410-734-7300**



2304 Churchville Road  
Bel Air, MD 21015

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[www.thearenaclub.com](http://www.thearenaclub.com)

