

EVOLVE

SPORTS CAMPS



Athletes ages 13 and older are encouraged to take part in this camp to gear themselves for upcoming fall/winter sports!

3 Part Series – The Evolve Sports Camp is a 3-Part Sports Camp taking place throughout the summer! One week a month for three hours a day, join Strength and Conditioning Trainer, Sean Hunt along with specialty coaches to improve overall speed, strength, power and agility across a multitude of exercises and workouts. Get your 40 and 60 yard sprint times for high school and college along with workout plans to take you to the next level.

Learn how to utilize your body's proper mechanics to perform your best and optimize your output!

9:30am-12:30pm • Monday-Friday

June 17-21	Session 1: Quickness/Agility
July 15-19	Session 2: Strength
August 5-9	Session 3: Speed/Power

Instructor: Sean Hunt • **Price:** 1 Week: \$199 • **Min:** 6, **Max:** 10
"Early Bird Special" Through April 30 – 3 Week: \$449 • **After April 30** – 3 Week: \$499

Ages: 13+

The Swimming Hole • 75 Weeks Hill Road • Stowe, VT • 802.253.9229 • www.theswimmingholestowe.com

The Swimming Hole is a non-profit community pool & fitness center that welcomes community support.

THE
SWIMMING
HOLE