



SUMMER

SPEED & JUMP CAMP

BEGINNING JUNE 1ST & ENDING JULY 20TH

Join CRHC's Sports Medicine Team for a comprehensive six - week camp focused on teaching and improving acceleration, jumping mechanics, and sports preparedness for all student-athletes.

HS PROGRAM | 8TH GRADE - 12TH GRADE

Tuesdays + Thursdays from 8:30 - 9:30 am

YOUTH PROGRAM | 4TH GRADE - 7TH GRADE

Tuesdays + Thursdays from 10:00 - 11:00 am

Camp cost: \$180.00



CHAD BLANK



MADDIE HARTLEY



LOGAN WOOD
712.309.8122

TRAIN WITH US.



REGISTER & PAY NOW!

SCAN THE QR CODE HERE OR VISIT
[CLARINDAHEALTH.COM/WELLNESS-PROGRAMS](https://clarindahealth.com/wellness-programs)



SCHEDULE

Youth Program: 10-11 am
HS Program: 8:30-9:30 am

QUESTIONS

Call Logan at 712.309.8122

JUNE 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

JULY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					