

F.A.S.T. SUMMER PERFORMANCE CAMP

» AT FLASH FIELDS «



EARLY BIRD SPECIAL
ENDS 4/30/2024

32 SESSIONS

~~\$500~~ **\$450**

24 SESSIONS

~~\$400~~ **\$350**

16 SESSIONS

~~\$300~~ **\$250**

8 SESSIONS

~~\$200~~ **\$150**

OUR FLAGSHIP SUMMER PROGRAM

Join us this summer for our 2nd Annual Functional Athletic Sports Training [FAST] Summer Performance Camp! All options include pre and post-program testing.

- **COLLEGIATE DATES & INFO:**
 - Jun 3-Aug 2 at 3:30pm
 - Pre-program testing: May 27-May 31
 - Post-program testing: Aug 5-Aug 8
- **NOVICE/INTERMEDIATE/ADVANCED DATES & INFO:**
 - June 24-Aug 16 at 10:30am or 2:00pm
 - Pre-program testing: June 17-June 21
 - Post-program testing: Aug 19-Aug 22
- **WEEKLY SCHEDULE:**
 - Monday/Wednesday: Agility and Upper Body Focus
 - Tuesday/Thursday: Speed and Lower Body Focus

