

HRC/Middle School Sports Conditioning Camp Session II



PARTICIPANT NAME:

AGE: _____

GRADE _____

**PHONE
NUMBER:** _____

**T-SHIRT
SIZE:** _____

Session 2 Date & Time

Located at HRC Wellness Center

Start Date: Monday, Jan 7th

End Date: Wed, Feb 13th

Time: 3:30-4:30 P.M.

Days: Mondays & Wednesdays

Cost: \$20.00 (Includes T-Shirt)

**FOR FURTHER INFORMATION CONTACT
HRC WELLNESS MANAGER DOUG
DILLINGHAM AT 620-277-2152.**

WWW.HOLCOMBRECREATION.COM

The sports conditioning session is aimed at helping middle school aged youth improve upon their overall athletic performance and health.