

# Teen Bootcamp

Back to School “Preseason”  
Bootcamp offers help in...

Speed, Agility, Strength,  
Conditioning, and  
Plyometrics Training!



Teen Bootcamp also offers “life skills” in  
fitness and challenges the teens to work  
in leadership and team situations!

July 27th—Aug. 21st  
Monday, Wednesday, Friday  
Registration Deadline: July  
21st

(Must have 8 Teens to run Bootcamp)

8am - 9:15am

Ages 12-15  
Members: \$100  
Non-Members: \$120

(PRICE INCLUDES TRAINING, FITNESS ASSESSMENT,  
PRIZES, NUTRITION SEMINAR, T-SHIRTS AND LOTS OF FUN)



Our Mission: To put Judeo-Christian principles into practice through  
programs that build healthy spirit, mind, and body for all.  
Visit our website: [www.ragsdaleymca.org](http://www.ragsdaleymca.org) or call 336-882-9622