



**POWER PERFORMANCE CAMPS**  **com**

The Power Performance Staff is offering an:

# Summer Performance Enhancement Camp

All Athletes from 3<sup>rd</sup> Grade to 12<sup>th</sup> Grade

**Location:** Canaan Vision Center  
1240 Greenwood Road Glenview, IL (SW Corner of Greenwood & Lake Street)

**Dates:** Beginning Tues. June 23, 2009 till Thurs. July 30, 2009

**Time:** Every Tuesday and Thursday 3:15 - 4:15 p.m.

**Attire:** T-Shirt, Gym Shoes, Shorts or Sweat Pants

**Contact:** Jim O'Gara 847-962-2577 or  
Tony Belmont 847-612-8605

**Cost:** \$160 *per person*  
for an **8-Session** Punch Card

Trainers will concentrate on:

**SPEED ENHANCEMENT • AGILITY WORK • INJURY PREVENTION**  
**INCREASE MOVEMENT VOCABULARY • BALANCE • FLEXIBILITY**

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_

Grade: \_\_\_\_\_ School: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_

Pay by Credit Card:  Visa  Mastercard  Discover Card #: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Name Appearing on Card: \_\_\_\_\_ Security Code: \_\_\_\_\_

Make checks payable to:

**Power Performance Camps.** Send to: Power Performance Camps, P.O. Box 5856, River Forest, IL 60305