



Land and Sea Boot Camp (Ages 11 – 15 and 5'1" or taller)

Week 8 8-11 am \$105/week

Participants start the day doing land drills that combine speed and agility with aerobic conditioning, muscle conditioning and flexibility training. Campers also combine aerobic conditioning with fun in either deep or shallow water. Wear athletic shoes and sports apparel and bring swimsuit, towel, water bottle and a nutritional snack.

www.freedom-center.com • 703-993-8444 • 10900 University Blvd., Manassas, VA

on the Manassas Campus of George Mason University