



Velocity Bootcamp & Balldancing

Quincy United SC
Striving for Excellence

Bootcamp: Prepare for a challenging experience as our coaches push your body to the limit! Get ready for the season and get fit at the same time.

July 26-30, 2010

9-11 yrs old— 8 AM-10:30AM

12-14 yrs old—10AM-12:30PM

Earn a free shirt if you can complete this camp!

Balldancing: One of the most unique and fun systems in soccer. Listen to great music while improving your footwork. Pelé beware!

July 12th —August 16th, Every Tuesday:

9-10 yrs old—5-5:55PM

11-12 yrs old—6-6:55PM

13-14 yrs old—7-7:55PM

Name: _____

Email: _____

Phone Number: _____

Bootcamp (\$40) Balldancing (\$30) Both (\$50)

Checks payable to Quincy United SC— Camps at South Park