



# Quincy United

*Striving for Excellence*

## Velocity Conditioning & Stretches

Stretches and Conditioning on Saturday Mornings in South Park.  
Starting on the 10th of July:

9-10 Years Old	8-10AM
11-12 Years Old	9-11AM
13-14 Years Old	10AM-12 PM

Sessions will last for six weeks, from the 10th of July to the 14th of August, and will get you into shape for the soccer season.

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