



# SPRING BREAK TRAINING

## ROOKIES IN TRAINING: AN INTRO TO D1

3/31 - 4/4  
M/W/F  
10:30 AM - 11:30 AM



\$125

REGISTER

Our spring break camp “Rookies in Training” for **ages 6-10** is the perfect introduction to D1 Training. Through fun, age-appropriate activities, kids will explore basic movement skills, fitness games, and team-building exercises designed to develop coordination, strength, and confidence. Led by experienced coaches in a supportive environment, this camp is a great way for young athletes to get a taste of the D1 training experience while having fun and staying active during spring break!

## STRENGTH 101: FOUNDATIONS FOR YOUNG LIFTERS

3/31 - 4/3  
M-TH  
1:30 PM - 2:30 PM



\$150

REGISTER

Strength 101 is a fun and engaging camp for **12-15-year-olds**, focused on teaching the fundamentals of strength training in a safe, supportive environment. Participants will build a solid foundation in proper lifting techniques through brief classroom lessons and hands-on, coach-led practice. This camp is ideal for young athletes looking to improve their strength, athleticism, and confidence in the weight room.

## SPRING BREAK HIGH SCHOOL OPEN GYM

3/31 - 4/4  
M-F  
2:30 PM - 4:00 PM



WEEK PASS  
\$140



DAY PASS  
\$35

Our Open Gym Time provides high school and college athletes with access to a top-tier athletic training facility to complete their prescribed workouts from their school strength coach during Spring Break. You'll have the space and equipment to follow your training plan, with the added support of an experienced coach available to assist with any questions or form checks. Stay on track and maintain peak performance in a focused, supportive environment

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