

# SUMMER ATHLETE CAMPS

FOR SPORTS PERFORMANCE &  
INJURY PREVENTION

**SIGN UP TODAY!**

CALL  
**985.850.6206**



## **SUMMER CAMP: JUNE 5th - JULY 28th**

This summer, help your student athlete take their performance to the next level with Terrebonne General's PTC Summer Athlete Camps. Athletes will train with certified coaches to build strength, power and speed to master their sport.

**ALL SESSIONS MONDAY - FRIDAY (excluding July 4th)**

**YOUTH:** (10 - 14 years old)

Meets at 1pm - 2pm | 2pm - 3pm | 4:30pm - 5:30pm

**ADVANCED:** (14 - 20 years old)

Meets at 10:30am - Noon | 3pm - 4:30pm



# Terrebonne

GENERAL HEALTH SYSTEM

**Performance Training Center**

[tghealthsystem.com](http://tghealthsystem.com)