

Wellington Soccer Club Speed & Agility Training Camp

For Ages 9 to 18

Program Description & Information:

Ages 9-12 will focus on agility, technique, limited speed training, endurance, flexibility, and warming up and cooling down.

Ages 13-18 will focus on strength and strength endurance training, speed and agility training, aerobic and anaerobic endurance training, and flexibility, warming up and cooling down.

This camp is suitable for any sport!

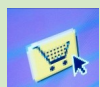


Any questions please contact Patrick Zoete at zoetep@bellsouth.net or at 561-252-1467



* Copy of Birth Certificate MUST be on file
Contact Person: Jim Graham

Ages	Dates	Time	Fee	Code
9 - 18	July 23 - July 27 (Monday - Friday)	8:30 - 11:30am	\$115	411310 A3



REGISTER ONLINE*

You can register for most programs online at: www.wellingtonfl.gov/webtrac

By default your initial username and password are set as your Household Number. This number is found at the top left of your registration receipt.

**First time participants must register in-person to establish a household in our system. Proof of residency and age required. Not all programs available for online registration. Visit wellingtonfl.gov/activityregistration for more info.*

Transfer & Cancellation Refund Policy:

A \$10.00 per participant / activity administrative fee will be deducted for each transfer/refund. If you are unable to participate in your program, you must notify the office before the second activity/ class to receive your refund. No refunds are issued after the 2nd class. No refunds are considered once the activity/class is over, except in the case of a documented medical emergency.

Special Assistance

If you are in need of any special assistance in order to participate in any of our programs, please call Jim Graham, at (561) 791-4060, at least two weeks prior to the begin date of the program or class.

