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# 2014

SUMMER PROGRAMS

# BQUICK

FITNESS » NUTRITION » PERFORMANCE

## SUMMER SPORTS PERFORMANCE PROGRAM

All Athletes, All Sports, Ages 6 and Up

**JUNE 2-AUGUST 1**

**10:00-11:30am Mon-Fri**

**Off July 3&4 (Thurs & Fri)**

**PRICING:** Registration fee \$39

**Group Training Prices: 4 packages to choose from:**

#1 \$249 for 4 weeks

#2 \$298 for 5 weeks

#3 \$429 for 8 weeks

#4 \$499 for entire 10 week session

Daily rate of \$35/day

Weekly rate of \$99/week

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## SUMMER KIDS' FITNESS CAMP

Ages 6-13 Years Old

**MAY 26-AUGUST 7**

**11 Weekly Sessions**

**8:30am-3:30pm**

This will be a regular summer camp....with a twist! Kids will learn the values of proper nutrition, and movement, while having a blast doing so! Parents will be responsible for providing kids with lunch and snacks for the day.

**PRICING:** Registration fee \$69

Weekly if registered before April 25: \$229

Weekly if registered after April 25: \$239

Daily rate of \$60/day

**REGISTRATION ON BACK**

**Held at BQuick Headquarters**  
**305 N Vermont Covington, LA 70433**

