

# ROCKET STRENGTH

## Youth STRENGTH & CONDITIONING PROGRAM

Designed for Rockford's youth  
to keep up with the increasing  
demands of sports and competition!

**Dates: June 13 - August 3**

No training July 4th & 6th

**Days: Tuesdays/Thursdays**

**Time: 10am - 10:50am**

**Fee: \$45**



For more information contact:  
Cora or Drew at 763-477-5294

**GRADES 5 & 6**

(2017 - 2018 SCHOOL YEAR)

**Be a better  
athlete!**

- **SPRINT FASTER**
- **JUMP HIGHER**
- **IMPROVE COORDINATION**
- **INCREASE FLEXIBILITY**
- **BUILD CONFIDENCE**
- **PREVENT INJURY**

**SUMMER 2017 • REGISTER TODAY!**

[www.rockford.k12.mn.us](http://www.rockford.k12.mn.us) → Community Education Youth Registration Form