

# BEAT THE HEAT

FROM 5PM TO 7PM AT THE  
HOLTON ARMS SCHOOL



## THE CLINICS

for **Girls** ages 7-17

Dates:

Session 1:

**June 28th to July 9th,**

Session 2:

**July 12th to July 23rd,**

Session 3:

**July 26th to August 6th**

Times:

Monday thru Thursday from 5 to 7pm

Friday is a make-up day

**Practicing and Competing  
Make Perfect!™**

### Cost:

Two-week session: \$350

Four-week session: \$650

Six-week session: \$950

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

DOB: \_\_\_\_\_

Mail Check out to Holton-Arms School

Mail to

**Yann Auzoux at**

**1715 15th Street NW suite 11**

**Washington DC 20009**

**Phone/Fax: 202 265-5061/1003**

In case of rain, We will work on core strength and plyometrics.