



BOYS & GIRLS CLUB
OF ALBANY

1215 SE Hill Street
Albany, OR
541-926-6666
www.bgc-albany.org



2010 SPRING

SPEED & AGILITY *academy*

This program develops speed, coordination, footwork, and explosiveness that will benefit athletes from any sport! Participants will improve their level of conditioning while having fun.

- Timeline:** April 5th - May 27th
Mondays, Thursdays from 6-8 pm
Sessions begin Mondays, April 5th and conclude Thursday, May 27th
- Location:** The Boys & Girls Club of Albany
- Age Group:** Members entering grades 1st-12th of the 09-10 school year.
- Cost:** \$70 for April and May or \$40 each month
- Regist. Details:** All participants must register through the Boys & Girls Club of Albany. Participants need to come with court shoes and athletic apparel, and water bottle.

***For more information, contact Ryan Lamm
at The Boys & Girls Club of Albany
926-6666 ext. 201 • ryan@bgc-albany.org***

Sign up soon! Space limited to the first 100 kids!