



On Demand Sports Classes Your Kids Will Love!

5 Days of Sports Skills, Drills and fun!

Physical activity for kids is now more important than ever.

In the comforts of your own home, your child will participate in a

Pre-Recorded 5-DAY SPORTS CAMP

The videos feature drills & skills that can all be completed in **small spaces** with **minimal or no equipment**. These videos are **5 days** of new skills & drills, however, because we want your child, **ages 6 - 14**, to really get a chance to improve their skills, we have made these available to you for **30 days!**

This innovative and engaging program is presented in an enthusiastic, engaging and positive manner. Learn from these college and ex-professional athletes coaches.

Daily Schedule:

- ★ The RSBQ Warm Up
- ★ Skills & Drills Sessions 1
- ★ Skills & Drills Sessions 2
- ★ Skills & Drills Sessions 3
- ★ Daily Wrap Up



NATIONAL ACADEMY OF ATHLETICS

The NAofA wants your kids to **PLAY HARD** and **HAVE FUN** at **HOME!**

FOOTBALL CAMP

\$48

Coach Ken Taylor

VOLLEYBALL CAMP

\$48

Coach Keilani Gaither

BASEBALL CAMP

\$48

Coach Jason Bennett

MULTI-SPORT CAMP

\$48

ALL 6 COACHES

SOCCER CAMP

\$48

Coach Jourdan Ziff

MARTIAL ARTS CAMP

\$48

Coach Alberto Juarez

BASKETBALL CAMP

\$48

Coach Ben Freeland

ALL AMERICAN BASEBALL CAMP

\$58

Featuring JJ NEWMAN

ALL AMERICAN FOOTBALL CAMP

\$58

Featuring New York Giant GRANT HALEY

www.herculesrec.com