

# STRONG KIDS CAMP

**ACR's Strong Kids Camp is BACK!**  
We will start again in September running the first full week of every month. Our camp is for kids ages 8-14, all skill and ability levels are welcome! We will focus on improved body awareness, coordination, agility, speed, functional weightlifting, leadership and teamwork.

**MONDAY-THURSDAY | 3:45pm - 4:30pm | \$30 per kid**



acrathletics.com | Facebook/Instagram - @acrathletics

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