



# Summer 2024 programs

*For elite athletes*

## Jump start (8 to 11 years old)



## Sessions June 3 - Aug. 9

1 x Per Week  
2 x Per Week  
Unlimited

## Month-to-month or in full

\$125 / \$300  
\$150 / \$325  
\$175 / \$400

## Times

Monday – Friday  
11:00am – 12:00pm  
2:00pm – 3:00pm  
5:30pm – 6:30pm  
Saturday  
11:00am – 12:00pm

## Development (12 to 14 years old)



1 x Per Week  
2 x Per Week  
Unlimited

\$125 / \$300  
\$150 / \$325  
\$175 / \$400

Monday – Friday  
10:00am - 11:00am  
1:00pm - 2:00pm  
4:30pm - 5:30pm  
Saturday  
10:00am – 11:00pm

## Advanced (15 to 18 years old)



1 x Per Week  
2 x Per Week  
Unlimited

\$140 / \$325  
\$200 / \$450  
\$250 / \$525

Monday – Friday  
10:30am - 12:00pm  
1:30pm - 3:00pm  
5:00pm - 6:30pm  
Saturday  
10:30am - 12:00pm

## College (19+ years old)



1 x Per Week  
2 x Per Week  
Unlimited

\$150 / \$350  
\$250 / \$600  
\$300 / \$700

Monday – Friday  
9:00am - 10:30am  
12:00pm - 1:30pm  
3:00pm - 4:30pm  
Saturday  
9:00am - 10:30am

Your health. Your life. Our purpose.





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Scan here or call  
903.606.8855

## LOCATION

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## CONTACT

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## INSTAGRAM

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@Coach\_Dupre      @carnivalstrength  
@taylor\_nox

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