

Camp KO Summer Strength and Conditioning Sessions
with Fitness Trainer Brad Seaman
July 9 - Aug 3, 2018

Get your athlete ready for their fall sports with strength and conditioning training by KO's fitness trainer and head basketball coach, Brad Seaman. Train in the beautifully air-conditioned Wolff Family Fitness Studio and the Rusconi Fitness Center located in the Hoffman Field House on Kingswood Oxford's main campus.



Sessions are Monday, Wednesday and Friday Evenings

5-8th grade boys and girls train Mondays, Wednesdays and Fridays 5-6pm (Limit 12)

9-12th grade boys and girls train Mondays, Wednesdays and Fridays 6-7pm (Limit 12)

PRICING:

You may choose the following options:

3 sessions for \$48

6 sessions for \$90

12 sessions for \$144 (Best Value!)

[Click here to register.](#)

Special Complimentary Program for KO athletes!

KO High School Athletes train for FREE Tuesdays and Thursdays 5-6pm

[KO students must click here to register.](#)

(Class Limit 16 students)