

Grades 6-12 Summer Stretch Clinic

** For Boys & Girls **

Who can participate:

6-12th graders interested in learning how to stretch properly for better flexibility and to prevent injury.
(6th as of Sept. 2023)

Dates: Wednesdays, June 28, July 5, July 12, July 19

Time:

(6th-8th Grade) - 3:30pm - 4:15pm

(9th -12th Grade) - 4:30pm - 5:15pm

Where: Wildwood Playground

Cost: \$160 (includes stretch belt)

**** No refunds. We have to guarantee number of participants.**

What we will do:

This is NOT yoga! Learn dynamic and static active stretches from the Pliability Stretch Method using a stretch belt.

Register via this link:

<https://form.jotform.com/212688422987167>

Cut and past link into your browser

