



## **SEA (Speed, Endurance, Agility)**

**Calling all athletes! Join One on One at Audubon Elementary this Winter for our fun and intense SEA program. We will combine elements of a running program with dynamic lower body, upper body, and endurance movement exercises, stretching and drills. We will combine these techniques with fun games that will focus on agility, reaction, and teamwork. This will be a great class for footwork, strengthening, and speed to get in great shape for sports seasons.**

**Mondays: February 25 – June 3**

**\*no class 4/8 and 5/27**

**3:30-4:30 (Gym)**

**Boys and Girls Grades 1<sup>st</sup>-5<sup>th</sup>**

**Cost: \$190**

[www.1on1basketball.com](http://www.1on1basketball.com)

*"Bringing Up Ballers Since 1992"*