



# WESTAMPTON REC. WEIGHTLIFTING SUMMER TRAINING CAMPS

**SQUAT ● DEADLIFT ● BENCH PRESS ● STRENGTH ● TECHNIQUE**

**\*No prior experience necessary.**

**\*Improve strength, speed, power, & athletic performance.**

## **CAMP DETAILS**

Camp: **Weight Training for Beginners**

Grades: **7th and 8th grade boys and girls.**

NOTE: **12 participants max each session**

Location: **RV HIGH SCHOOL WEIGHT ROOM**

Address: **520 Hedding Jacksonville Rd, Mt Holly, NJ 08060**

Cost: **\$75.00 - each session**

Instructor: **Donna Aromando**

Certified Personal Trainer, Powerlifting coach and competitor, CPR/AED certified, 40+ experience weight training

Session 1: **Monday, June 22nd through Thursday, June 25th, 9:30am-11:30am**

Session 2: **Monday, August 3rd through August 6th, 9:30am-11:30am**

**TO REGISTER**

**GO TO WESTAMPTON RECREATION WEBSITE**

**CLICK on: WEIGHTLIFTING CAMP**

**[www.westamptonj.gov](http://www.westamptonj.gov)**

**THIS IS NOT A SCHOOL SPONSORED EVENT.**

