



Middle School **PONY POWER & PERFORMANCE**

The SMS Summer Pony Power & Performance program is an instructional program for younger students and athletes that focuses on strength, agility, power and speed. This is open to all students entering grades 5-8 who are interested in conditioning, strengthening or athletic improvement. Individualized programs are created to develop the beginning middle school athlete through the experienced athlete. Certified (CSCS) instructors will work with each student to provide the best and most appropriate comprehensive program. This is designed for all levels and abilities. All PPP participants will receive a t-shirt.

**Stillwater Middle School
Field, Gym and Miller Stadium
Mon-Thu | June 12-Aug 10**

No session July 3, 6

32 sessions | \$170

496-1 8:15-9:30 AM

496-2 9:30-10:45 AM

496-3 10:45 AM-12 PM

QUESTIONS? CALL 651-351-8300 | REGISTER ONLINE AT stillwater.ce.eleyo.com