



24746 Saddlespur Ln, Katy, TX 77494

www.KatySportzAcademy.com

281-606-9328

Located in the heart of Katy! Katy Sportz Academy offers you 20,000sqft of state of the art fitness equipment and basketball courts. This gives you and your family the opportunity to engage with other members from the community, while taking part in youth speed & agility enhancement, early A.M. adult indoor bootcamps, basketball training, and kids spring/summer break camps.



RECESS KIDS CAMP

Boys & Girls Grades 1st - 6th

Dates: March 11-15 & June 3 - Aug 2

Putting the excitement of RECESS back into Camps! Campers will split into age groups to play a variety of traditional sports including soccer, basketball and volleyball plus playground games like dodgeball, Kickball and Capture the Flag. Recess Camp will be focused on play and fun. Campers will also enjoy fun activities that change from week to week.

Weekly Investment:

AM Camps: \$99 (9am - 12pm)

PM Camps: \$99 (1pm - 4pm)

Full Day Camps: \$199 (9am - 4pm)

YOUTH SPEED & AGILITY TRAINING

This 6 week program is a dynamic multi directional system, to create quick, explosive movements and improve overall strength. Also increasing quickness, improving balance, enhance coordination,

6weeks of Training 2days per week

Investment: \$495

Days: Mon-Thurs

Times: 5:30p.m. & 6:30p.m.

KATY'S #1 INDOOR A.M. BOOTCAMP

***First Week Free**

*Full Body Transformation Program Class will begin with a total body warmup. Classes include high-intensity interval drills focused on the total body.

Classes are for All Levels, however, the instructor will provide pointers and modifications for beginners, intermediate and advanced members

Class Days: Mon. Wed. & Fri.

Times: 5:30am & 6:30am

(45min Session)

Investment: \$237/month