

# 26TH-28TH MAY



# NETBALL FITNESS CAMP



## WHERE

ST ALBANS GIRLS SCHOOL  
AL3 6DB  
10AM - 3PM

## WHO

ALL ABILITIES  
AGES 8-14

## WHAT

A CAMP TO DEVELOP ALL  
NETBALL FITNESS  
CO-ORDINATION, AGILITY,  
SPEED, ENDURANCE,  
STRENGTH, POWER, BALANCE



**BOOK NOW**

## More Information

Visit [hertsandbedsspecialistcoaching.com](http://hertsandbedsspecialistcoaching.com)

Email [hertsandbedscoaching@gmail.com](mailto:hertsandbedscoaching@gmail.com)

We are ofsted registered and accept childcare vouchers. 20% Sibling discount applies

£40 - 1 day  
£70 - 2 days  
£90 - 3 days

