

Ready for an Exciting Off Season?

Then We've Got What You're Looking For!

**TECHNIQUE - TRAINING - NUTRITION - MENTAL STRENGTH
TRAINING GEAR - LEADERSHIP - SEASON PREP**



LIFESPARQ FALL SPLASH

Full Session: Aug. 28 - Nov. 9

Session #1: Aug. 28 - Oct. 4

Session #2: Oct. 4 - Nov. 9

HIGH SCHOOL GIRLS (ONLY) PRE-SEASON TRAINING CAMP

Oct. 23 - Nov. 9

SPRINT & POWER CLINICS

August 13

September 24

October 22

December 17

WINTER TRAINING MINI-CAMP

Dec. 27 - 30

FOR ADDITIONAL DETAILS AND TO REGISTER ONLINE VISIT
WWW.LIFESPARQPERFORMANCE.COM

ALL SESSIONS HELD AT VETERANS MEMORIAL AQUATIC CENTER (VMAC)

Join Us!

**Train At The Most Elite Pool
In the State of Colorado!**