

# VELOCITY AND ARM CARE CLINIC

**8 WEEKS – 2X Per Week!**

**Ages 10+**

**\$275 Per Player (Nov 7<sup>th</sup> – Dec 30<sup>th</sup>)**

*Class 1: 13 and Under  
Class 2: 14 and Up*

***SMALL CLASS SIZES - SPACE IS LIMITED!!***

This program is for any player wanting to throw harder! We use velocity and arm health techniques used today in the MLB to keep player arms healthy and strong.



***Players in this program have increased their velocity up to 8MPH!***

***Yearly Maintenance!***

- Each class is 45-60 minutes.
- Players get 2 classes per week (16 Total).
- Monday and Friday evenings.

\* Player class times will stay consistent throughout.

**REGISTER ONLINE at**

**[www.outofthepark22.com/camps-clinics](http://www.outofthepark22.com/camps-clinics)**

**OR EMAIL: [info@outofthepark22.com](mailto:info@outofthepark22.com)**

**OUT OF THE PARK – 200 US 22 Green Brook NJ 08812**