



 **Panthers**

Athletic Condition and Enrichment

(A.C.E)

A.C.E.- June 4th-June 21st

Where- M.L. King Academy

Time-4pm-6pm



A.C.E. is a summer program that will promote knowledge and skills for upcoming and returning athletes. A.C.E will be supervised by King Coaches.

Participants will focus on conditioning through agility movements, stretching, weight lifting, bike riding (students must provide), and swimming. These activities will benefit the cardiovascular system using low impact exercises which is a beneficial whole body workout..

All A.C.E. participants must have an athletic physical.

