



**MIGHTY OAK**  
**ATHLETIC**



This is **NOT** a Cass School  
District 63 Sponsored  
Event/Organization

# SUMMER PROGRAMS FOR KIDS

## Youth Strength & Agility Training

Looking for a fun and effective way to help your child build strength and confidence?  
Look no further than Mighty Oak Athletic!

Our expert coaches will guide your child through age-appropriate exercises and drills, teaching proper form and technique while helping them develop key skills like balance, coordination, and endurance.

With small class sizes and personalized attention, your child will get the most out of every workout. Plus, our fun and engaging program will keep them motivated and excited to come back week after week.

**MIGHTYOAKATHLETIC.COM**