



# eliteft

fitness training

ESTABLISHED 2002

Bosco's

# BUDDIES



Our program meets once a week on Thursdays for 6 weeks indoors at Powerhaus in Columbia and is for ages 2-6 and 6-14. All kids receive a free camp shirt!

## Raptors

(AGES 2 TO 3) 5:30-6:10pm, \$75

With (1) Adult

Fun introductory soccer

## T-Rex

(AGES 4 TO 6) 5:30-6:25pm, \$75

Dribbling and fun activities

15 minute game

## EFT Stars

(AGES 8 TO 14) 6:30-7:25pm, \$105

Rec and club players

Footskills, focused training topic, 15 minute game

## Private/Small Group

(AGES 8 TO 18) Visit our website for pricing

Confidence and technical ability instruction

Choose your topic or trainer assistance

## EliteFT Team Training

Your team works directly with an Elite Trainer

Your coach chooses your topic

Visit our website for pricing



2019 DATES	
Spring 1	March 7, 14, 21, 28; April 4, 11
Spring 2	April 25; May 2, 9, 16, 23, 30
Summer 1	June 13, 20, 27; July 11, 18, 25 (off July 4)
Summer 2	August 8, 15, 22, 29; September 5, 12



8719 Hanover Industrial Dr.  
Columbia, IL 62236



### LOYALTY PROGRAM

If you are currently attending a 6 Week Program, you may save 15% off the next scheduled program by registering more than 7 days prior to the start of the next program.

### MEMBERSHIP

Become an Official Elite FT 6 Week Program Member and attend as many sessions in as many locations as you would like. Payments are made monthly.

### DISCOUNTS

contact for code 20% Off groups of 6 or more family10 10% Off siblings  
multiple10 10% Off multiple camps thanks10 10% Off military

ONLY ONE MAY APPLY. ONLY VALID IF REGISTERED 7 DAYS PRIOR TO CAMP.