

**COACH
KING**

&

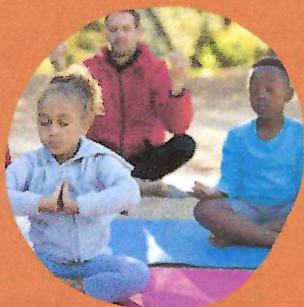
**COACH
CEEZ**

INTRODUCE

HOLISTIC GRIT TRAINING

**ASSOCIATED WITH
HOLY ROSARY SCHOOL**

FOR KIDS AGES 8-14!
Only 35 slots available!
First come, First serve.



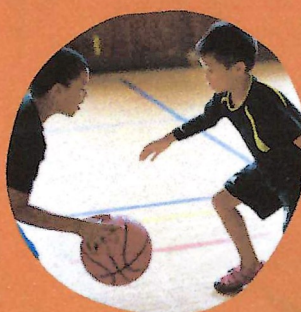
LEARN

MINDFULNESS
(YOGA/MEDITATION)



BUILD

STRENGTH
&
CONDITIONING
FOR
KIDS



DEVELOP

BASKETBALL
SKILLSET

Registration will be in person at Holy Rosary School on:

Tuesday & Thursday 3pm-5pm

Wednesday & Friday 9am-11am

📍 1500 Arnow Avenue Bronx, NY 10469

Program will run from:

- 10am-1pm
- 4 Saturdays in April
(1st, 15th, 22nd, & 29th)
- 4wk program/\$100
cash or money order



holistic7.gt@gmail.com