



2025 SPRING VOLLEYBALL CAMPS

MARCH 2ND TO APRIL 11TH

SIGN UP FOR SIX OR MORE CLASSES
FLEXIBLE MAKE-UP SCHEDULES AVAILABLE

Comprehensive Training Methodology produces Accelerated Development

Fundamental, Positions, Repetition, & Game Play

- Individual and Team Training
- Sports Psychology
- Fast-Paced Atmosphere
- Professional Assessment
- Emersion Environment
- Conditioning

Specialized intense training improves agility, speed, and vertical jump

PROGRAM EXCLUSIVE!

Each Player Receives:

- ✓ A handout with individual drills and exercises to practice at home.
- ✓ A written evaluation on skill, position suggestions, attitude, and progress.

FEES

ONE DAY: \$275

TWO DAYS: \$480

Scan to Register

CAMP LOCATIONS

Edwards-Elmhurst Health & Fitness
Seven Bridges, 6600 Hwy 53, Woodridge, IL

New Wave Volleyball Club
7881 Lemont Rd. , Darien, IL

St. John's Lutheran Church
220 S. Lincoln Ave. Lombard, IL

SUNDAYS at Edwards-Elmhurst

Beginners (4 th - 5 th)	4 - 5:30 pm - Court 1
Junior High (6 th - 8 th)	4 - 5:30 pm - Court 2
Advanced (High School)	10 - 11:30 am

WEDNESDAYS at Edwards-Elmhurst

Junior High	6:30 - 8 pm
Advanced	7:30 - 9 pm

THURSDAYS at St. John's Lutheran

Beginners	5 - 6:30 pm
Junior High	5 - 6:30 pm

FRIDAYS at New Wave Volleyball Club

Junior High	5:30 - 7 pm - Court 1
Advanced	5:30 - 7 pm - Court 2

Experienced, Well-Respected Coaches
Experts in Conducting NLA Drills

ALL INSTRUCTION AND COACHING MANAGED BY BONNIE BREMNER-PETTIGREW

Four-time Penn State Academic All American and 3-Year Pro Player