



The **AA**merican **S**ports **A**cademy at French Woods



P.O. Box 609
Hancock, NY 13783
(845) 887-5600 (Summer Office)
(800) 634-1703
www.frenchwoods.com



The **AASA** American Sports Academy at French Woods

is located on a private lake in Upstate New York. We provide instruction and personal skill development with a primary focus on individual and team sports.

Our incredible facility includes an indoor Gymnasium, with 3 regulation Basketball Courts, 3 Baseball/Softball fields with lights for night play, soccer/lacrosse fields, an indoor skatepark, 11 tennis courts, a gymnastics pavilion, circus center with 2 trapeze rigs, lake, Olympic Pool and a state-of-the art fitness facility.

The Program at **AASA** offers a unique opportunity for the young athlete. The individualized program allows campers to choose from a wide array of athletic concentrations, as well as all other activities offered at French Woods.

Coaches and trainers from varsity level colleges and high schools round out our knowledgeable and diverse staff.





Our Schedule is Flexible!

We offer four 3-weeks sessions that begin in early June and end in late August

Campers from ages 7 - 17

Contact us about our special Weekly Program and Rates





Team Sports:

Individual Sports:

Facilities:

- Basketball
- Baseball
- Softball
- Soccer
- Volleyball
- Badminton
- Hockey
- Lacrosse
- Touch Rugby
- Football
- Ultimate Frisbee

- Golf
- Gymnastics
- Horseback Riding
- Martial Arts
- Fencing
- Mountain Biking
- Tennis
- Fitness: Aerobic and Strength Training
- Circus
- Swimming, Aquarobics, Waterskiing
- Red Cross Certification

- Indoor Sportsplex for Basketball, Volleyball, Hockey, Arena Football, Indoor Soccer, Fencing.
- Outdoor Basketball Court
- Lake
- Pool
- Baseball Fields
- Soccer/Football Fields
- Indoor Skatepark
- Gymnastics Pavilion
- Golf Course

Winter Office Phone: 954-346-7455

Summer Office Phone: 845-887-5600

Toll Free Phone: 800-634-1703 eFax: 845-503-2179

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