



RPS ACADEMIES

BEACH VOLLEYBALL

4500 SE Pine Valley Street, Port Saint Lucie, Florida 34952

RPS Academies is a **high-performance institution** built on three core pillars: **Intellectual, Academic, and Sports Excellence**. Our mission is to create a **boutique-style academy** where each student's aspirations are understood, supported, and championed as our own. With a world-class team of coaches, educators, and mentors, we are committed to guiding every student toward distinguished achievement and lifelong success.

At RPS Academies, we provide a **holistic development experience** that integrates athletic training with academic and personal growth. Our sports and education programs are designed to nurture students physically, mentally, emotionally, and socially—ensuring balanced and sustainable progress.



RPS VOLLEYBALL

Our coaching methodology is grounded in a **systematic process of assessment, prescription, application, and measurement**, allowing us to tailor training plans that deliver consistent, measurable results. Through personalized guidance and continuous support, athletes advance step by step—**day by day, week by week—toward their full potential.**

We offer full-time and weekly programs year-round, providing the flexibility and structure needed to help each student-athlete excel both on the court and in the classroom.



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BEACH VOLLEYBALL PROGRAM TRAINING

With decades of experience in elite beach volleyball, our coaching team has created a **comprehensive, results-driven training system** that develops every aspect of an athlete's game. Built on four foundational pillars—**Mental Conditioning, Physical Development, Technical Mastery**, and **Strategic Understanding**—our holistic approach ensures that each athlete grows into a complete, well-rounded competitor.

Through a structured, ability-based curriculum, we deliver individualized training that strengthens mental focus, enhances physical power and agility, sharpens technical execution, and deepens tactical awareness. Complementing on-court sessions, our program incorporates specialized support in **nutrition, recovery, and injury prevention**, providing the tools needed to sustain peak performance year-round.



Designed to reflect the structure and professionalism of **top collegiate beach volleyball programs**, our training environment promotes accountability, discipline, and teamwork. Athletes follow a comprehensive schedule that integrates technical, tactical, physical, and mental development, preparing them for the rigors of collegiate and professional competition. Each player receives personalized feedback, participates in advanced strength and conditioning sessions, and engages in goal-setting practices that build confidence, leadership, and resilience.

By uniting elite-level coaching, science-based performance training, and a supportive, competitive atmosphere, our program empowers athletes to reach their highest potential and achieve lasting success in beach volleyball.

WHAT MAKES US UNIQUE?



Proven Systematic Periodization Training

A structured approach divided into macrocycle, mesocycle, and microcycle phases to ensure consistent progression, peak performance, and injury prevention throughout the season.

On-Court Strategies and Situational Awareness

Training that enhances tactical decision-making, adaptability, and game intelligence to excel under real match conditions.

On and Off-Court Mental Training

Comprehensive mindset coaching focused on confidence, focus, emotional control, and resilience in both competition and daily life.

College Placement Guidance

Personalized mentorship and support for athletes pursuing collegiate opportunities, including recruitment strategy and communication with coaches.

Individual Goal Setting

One-on-one sessions to establish clear, measurable performance goals and customized development plans aligned with each athlete's aspirations.

Technical Fundamentals

Mastery of essential beach volleyball techniques such as serving, passing, setting, attacking, blocking and defense mechanics.

High-Performance Physical Training

Targeted strength, speed, and agility conditioning designed specifically for the demands of beach volleyball.

On-Site Athletic Trainer

Immediate access to professional care for injury prevention, recovery, and optimized physical function.

Nutritional Sessions

Expert-led consultations with a performance and clinical dietitian to develop personalized nutrition strategies that support training, recovery, and competition.

Our comprehensive Beach Volleyball Training Program is designed to develop complete, high-performing athletes through a structured and holistic approach. With decades of coaching expertise and a proven methodology, we integrate the four key pillars of Technical, Tactical, Physical, and Mental Development to prepare athletes for success at every level of competition.

Each training cycle is carefully planned to enhance technical precision, elevate strategic understanding, and build the strength, speed, and endurance needed to perform at an elite level in the demanding

beach environment. Beyond the physical and skill-based aspects, we emphasize mental conditioning, resilience, and confidence—qualities essential for thriving under pressure and adapting to game challenges.

Our program combines on-court instruction, performance training, nutrition, and recovery support to ensure athletes reach their full potential. Whether preparing for college competition, professional play, or personal athletic goals, our system provides the structure, guidance, and expertise to help every player excel in all facets of the game.

Technical Development

Technical excellence is the foundation of elite beach volleyball performance. Our program emphasizes precision and consistency in every skill—from serving, passing, and setting to attacking, blocking, and defensive movement. Training sessions focus on mastering the fundamentals while refining advanced techniques tailored to the unique challenges of sand play, such as footwork efficiency, ball control in windy conditions, and adaptability to different opponents. Through detailed feedback and deliberate practice, athletes develop the technical proficiency required to perform with confidence and accuracy at the highest level.

Tactical Development

Beach volleyball is a game of strategy, awareness, and intelligent decision-making. Our tactical training develops an athlete's ability to read the game, anticipate opponents' actions, and make quick, strategic adjustments during play. We focus on positioning, shot selection, communication, and team coordination—vital skills for competing in the dynamic two-player format. Athletes learn how to exploit weaknesses, create offensive opportunities, and apply pressure through well-executed game plans. By cultivating tactical awareness, our players gain the edge needed to outthink and outmaneuver their opponents.

Physical Development

Success in beach volleyball depends on athleticism built specifically for the demands of the sand. Our physical training program enhances strength, power, speed, agility, balance, and endurance—all essential components for high-level performance. Every workout is designed to improve explosive jumping, quick transitions, and sustained energy under challenging conditions like heat, wind, and unstable footing. Combined with mobility work, injury prevention, and recovery protocols, our athletes build strong, resilient bodies capable of performing consistently throughout the season.

Mental Development

The mental aspect of beach volleyball often separates good athletes from great ones. Competing in pairs demands focus, composure, and emotional control under pressure. Our mental training program cultivates resilience, confidence, and a growth mindset, helping athletes stay composed through momentum swings and adversity. Through visualization, mindfulness, and goal-setting techniques, players learn to manage stress, maintain concentration, and perform with clarity and purpose. This mental strength translates directly to more consistent performance and a competitive edge in every match.



FULL-TIME TRAINING SCHEDULE

6:45-7:30	Breakfast
7:30-12:00	School / Academics
12:30-1:30	Lunch
2:00-6:00	High Performance Training and Fitness
6:00-7:00	Dinner
7:15-9:00	Recovery / Free Time
9:30	Curfew

Complimentary snacks:

Monday-Friday
9:45 am & 2:45 pm

Additional snack for boarding students:

Monday-Thursday at 8:45 pm

PERFORMANCE PROGRAM

Through a combination of advanced strength training, agility drills, and conditioning protocols, athletes develop the endurance and resilience needed to perform at a high level in challenging beach environments. The program also focuses on injury prevention, recovery optimization, and overall athletic longevity. By integrating volleyball-specific movement patterns with science-based performance strategies, Adan and Colby prepare athletes to compete with confidence, speed, and strength—elevating every aspect of their beach volleyball game.



STRENGTH TRAINING Strength is the foundation of elite beach volleyball performance. Our program focuses on developing total-body power, emphasizing lower-body strength for explosive jumps, upper-body stability for hitting and blocking, and core strength for balance and control on unstable sand surfaces. Building functional strength not only enhances athletic performance but also supports joint stability and reduces the risk of overuse injuries common in the sport.



SPEED TRAINING Speed and quickness are critical in beach volleyball, where every second counts. Our training develops faster reaction times, sprint acceleration, and explosive movement patterns to help athletes close distances quickly, transition efficiently, and react decisively during rallies. Each drill is tailored to replicate real-game situations, ensuring performance improvements translate directly to the court.



AGILITY TRAINING Agility on sand demands precision, balance, and control. Our agility program trains athletes to move efficiently in all directions, improving their ability to adjust to unpredictable plays, recover position, and maintain stability during rapid directional changes. By enhancing coordination and body control, athletes gain the competitive edge needed to dominate in dynamic beach environments.



FLEXIBILITY Flexibility is vital for smooth, controlled movement on sand. Each session incorporates targeted stretching and mobility exercises to increase range of motion, reduce injury risk, and improve movement efficiency. By enhancing flexibility in key muscle groups such as the hips, shoulders, and hamstrings, athletes develop fluidity in their jumps, dives, and transitions—essential for sustained high-level play.



CONDITIONING AND ENDURANCE

Beach volleyball demands exceptional stamina and mental toughness. Our conditioning program is designed to build endurance specific to sand play—focusing on cardiovascular fitness, muscular endurance, and recovery capacity. Through structured workouts and game-specific conditioning, athletes gain the ability to sustain peak performance through long matches and challenging weather conditions.



MONITORING & EVALUATION

Continuous assessment is at the core of our program. We track performance metrics such as vertical jump height, sprint times, strength progress, and agility benchmarks to ensure measurable growth. Regular evaluations allow for individualized adjustments, keeping each athlete on a clear, data-driven path toward peak performance and long-term development.



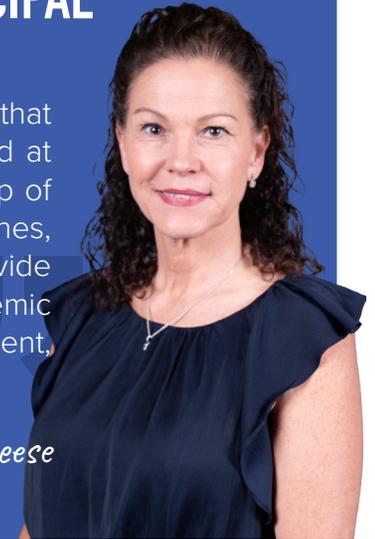
ACADEMICS

Academic excellence at RPS is a discipline — not a subject. Through the Cambridge AICE Diploma and Advanced Placement curriculum, every student develops the intellectual rigor, curiosity, and resilience to thrive at the world’s top universities. Small classes, personal mentorship, and a data-driven approach ensure that learning here is focused, global, and alive.

MESSAGE FROM OUR PRINCIPAL

“I believe in the proverbial saying that “it takes a village to raise a child,” and at RPS Academies our village is made up of teachers, administrators, staff, coaches, and parents working together to provide the very best for our students’ academic success, social-emotional development, and overall well-being.”

Mrs. Stacy Reese



Global Curriculum

Cambridge AICE + AP courses accepted by the world’s leading universities. Every lesson connects knowledge to purpose.



Individualized Mentorship

10–15 students per class. Faculty who coach the mind like our trainers coach the body.



Real-World Readiness

Integrated test prep, leadership training, and college-level research projects prepare students for the competitive edge of modern academia.

3-PILLAR STRUCTURE



Core Academic Courses
ON Level and Honors Courses

- English I–IV
- Algebra
- Geometry
- Algebra II
- Precalculus
- Physics
- Chemistry
- Math for College Algebra
- Environmental Science
- Anatomy & Physiology
- Government
- Economics
- U.S. History
- Personal Finance
- Spanish I–IV
- French I–IV



Cambridge AICE Courses

- General Paper
- English Language
- Biology
- Marine Science
- Psychology
- International History
- US History
- Spanish Language
- Thinking Skills
- Global Perspectives



Advanced Placement Courses

- Human Geography
- World History
- European History
- US History
- Language & Composition
- Literature & Composition
- Psychology

RPS Academies offers a rigorous academic program for grades 6th through 12th aligned with FLDOE* 2023+ graduation standards and the Cambridge AICE Diploma program. AICE** is a prestigious pre-university qualification earned through completion of Cambridge International AS and A Level courses. Students engage in a diverse challenging course work while developing essential skills for success in university and future careers.



ACADEMIC SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:30 AM	1st / 2nd Period 7:30 AM – 9:00 AM ☑ 90 min class ⌚ 5 min passing				1st Period 8:00 AM – 9:30 AM ⚙ 90min Wheel Program ⌚ 5 min passing
8:00 AM					
9:00 AM	Homeroom 9:05 AM – 9:20 AM Snacks break				Homeroom Snacks & Tutoring 9:35 AM – 10:25 AM
10:00 AM	3rd/4th Period 9:20 AM – 10:50 AM ☑ 90 min class ⌚ 5 min passing				
11:00 AM					
Noon	5th/6th Period 10:55 AM – 12:25 PM ☑ 90 min class ⌚ 5 min passing				2nd Period 10:30 AM – 12:00 PM ⚙ 90min Wheel Program
1:00 PM					
2:00 PM	Lunch 12:25 AM – 1:30 PM				Lunch 12:00 PM – 1:30 PM
3:00 PM	High Performance Sports Training & Fitness 2:00 PM – 8:00 PM ☑ 5 hours Training ⌚ Fitness include				
4:00 PM					
5:00 PM					
6:00 PM					
7:00 PM					
8:00 PM					



THE FRIDAY WHEEL INTELLECT PROGRAM

The Friday Wheel Intellect Program transforms traditional education into experiential learning. Students rotate through four unique 9-week experiences per year. Each Friday includes two 90-minute courses where students engage in hands-on, project-based learning connected to intellectual & athletic performance, leadership, and career readiness. Topics are not only limited to the list below, and some topics will have multiple advanced levels, with each level consuming 9-weeks.



COLLEGE PLACEMENT

RPS Academies has earned a reputation as one of the nation's premier volleyball development programs, producing more than **50 NCAA and NAIA athletes (beach and indoor)** over the past decade. Many of our alumni have gone on to achieve success at the highest levels, including **Sophie Hancock**, who represented her country at the **U19/U21 World Championships**, and **Betuda Tomasova**, who claimed **third place on the Czech National Tour**, among many other distinguished athletes.



At RPS Academies, we take pride in guiding student-athletes through every step of the **college recruiting and placement process**, ensuring they find the university that best aligns with their **academic goals, athletic aspirations, and personal growth**.

Our **personalized approach** goes beyond athletic development. We take the time to understand each player's academic interests, desired field of study, and preferred campus environment to identify the best possible match. We also consider team culture and coaching philosophy to ensure long-term success and satisfaction both on a Through ongoing mentorship, recruiting education, and strong collegiate connections, RPS Academies empowers athletes to take the next step in their volleyball careers—**pursuing excellence in the classroom, on the court, and in life**.

Beach Volleyball Alumni List

– PREPARED FOR SUCCESS –

CLASS OF 2022

Kendra Brown — Florida International University

Olivia Chychrun — University of Alabama at Birmingham

Emma Braticevic — Florida International University

Alize Lemieux — Jacksonville University

Emmie Koszalka — University of California, Davis/ Southern Mississippi University

Tyler Brossard — Westcliffe University

Olivia DeJong — University of North Dakota

CLASS OF 2023

Annika Huhtamaki — Palm Beach Atlantic University

Ellie Neville — Georgia State University

Annsley Flack — Western Carolina University

Casey Beaman — Saint Mary's College of California/ University of Oregon

Lola Ackman — Palm Beach Atlantic University

Thalie Brossard — Florida International University

Adriana Oporto - University of Texas at El Paso

CLASS OF 2024

Kelly Barnett - Palm Beach Atlantic University

Kelsey Swart - Saint Leo University

Alexa Smith - University of Alabama at Birmingham

Sarah Smith - University of Alabama at Birmingham

CLASS OF 2025

Haven Miscia- Florida Southern College

Shealey Peck – Mercer University

CLASS OF 2026

Sophie Hancock – University of California, Berkeley

Allie Buchmeyer - Florida Southern College

Skylar Watley - Carson-Newman University

Suraya Khan - Catawba College

CLASS OF 2027

Madelyn Bereman – University of Tampa

Marin Cautreels- Missouri State University



COACHING STAFF

PIOTR MARCINIAK

Director of Volleyball, Master Head Coach

Born and raised in Poland, **Piotr Marciniak** began his volleyball journey at the age of 13 and has since built an accomplished career as both a professional player and coach. From 2004 to 2011, he competed professionally in indoor volleyball across Poland and Egypt, while also representing his country as a member of the **Polish National Beach Volleyball Team** in 2006–2007.

In 2012, Piotr moved to the United States to pursue his Master's degree and transitioned full-time to beach volleyball, where he quickly established himself as a top competitor. He captured **eight NVL Championship titles** between 2013 and 2016, earned **third place at the AVP Hermosa Beach Open** in 2017, and claimed victory at the **AVP Tour Series in Virginia Beach** in 2022.

With nearly 15 years of coaching experience, Piotr has been an integral part of the academy's coaching staff since 2015, where he continues to develop and mentor athletes at all levels. Known for his technical expertise, strategic insight, and passion for the game, he brings a wealth of international experience to every training session. Outside of volleyball, Piotr enjoys spending his free time playing golf with his son, Michael.





KAROLINA “KAYA” MARCINIAK

**Director of Recruiting & College
Placement Advisor, Assistant Coach**

Karolina “Kaya” Marciniak (née Sowala) was born in Poland, where she earned her **Bachelor’s Degree in Physical Education** and began her professional beach volleyball career representing Poland on the **FIVB Swatch World Tour (2009–2012)**. Early in her career, she achieved international recognition, earning **third place at the 2008 U21 World Championships** in Brighton, England, and **third place at the 2007 U20 European Championships** in Scheveningen, Netherlands.

Kaya continued her academic and athletic journey in the United States, earning a **Master’s Degree in Sports Business Management** from **Webber International University** in 2014. She began her collegiate coaching career in 2017 as an **Assistant Coach for the Florida Atlantic University Beach Volleyball Program**, helping lead the Sandy Owls to a standout 13-win season in 2019 and a **top-20 national ranking (16th in the nation)**.

As a professional athlete, Kaya was one of the **top performers on the National Volleyball League (NVL)** circuit, capturing **12 tournament victories between 2013 and 2016** and earning multiple awards for her outstanding play. She also competed successfully on the **AVP Tour**, achieving **two top-five finishes in 2017, third place in 2018, and five top-10 finishes in 2022**.

In her current role at **RPS Academies**, Kaya combines her extensive playing experience and deep understanding of the collegiate system to guide athletes through the recruiting and college placement process. She is passionate about mentoring student-athletes and helping them achieve success both on and off the court.

Kaya is married to **Piotr Marciniak**. Together, they share two children — **Michael**, born in March 2019, and **Mila**, born in November 2023.



At **RPS Academies**, we are proud to offer one of the **most advanced and comprehensive beach volleyball training camp programs in the world**. Our state-of-the-art facilities and world-class coaching staff provide athletes with an unmatched environment to train, compete, and grow. Each student—whether full-time or visiting—is coached by the same elite team and follows the same proven methodology used in our year-round programs. Visiting athletes are fully integrated into our daily training sessions to experience the full depth of our high-performance system.

Most advanced & comprehensive programs in the world

365 days a year

OPTIONS < Boarding
Non-Boarding

- ONE WEEK
- HOLIDAY CAMPS
- TWO WEEKS
- SUMMER CAMPS
- PRE-COMPETITION CAMPS
- WEEKLY INTENSIVE CAMPS

WEEKLY CAMPS



We are open **365 days a year**, allowing players to continue their development at any time. Athletes can train for **one week, two weeks, or an entire summer**, with both **boarding and non-boarding options** available. Our diverse camp offerings include **Summer Camps, Holiday Camps, Pre-Competition Camps, and Weekly Intensive Camps**—each designed to challenge players and accelerate their progress.

RPS Academies proudly offers two distinct training pathways:

Beach-Only Program

Focused exclusively on mastering the technical, tactical, and physical demands of elite beach volleyball, emphasizing movement on sand, game strategy, and conditioning specific to the beach environment.

Hybrid Program (Beach + Indoor Camps)

A comprehensive training experience combining the best of both worlds, allowing athletes to refine their skills across surfaces while developing adaptability, strength, and all-around game intelligence.

No matter your goals or experience level, RPS Academies provides the structure, expertise, and world-class environment to help every athlete elevate their performance and reach the next level.

SHORT-TIME TRAINING SCHEDULE

6:45-8:30	Breakfast
9:00-11:00	Training
11:00-12:00	Performance Session
12:00-1:00	Lunch
1:00-3:00	Training
3:00-5:00	Activities on Campus
6:00-7:00	Dinner
9:30	Curfew
10:00	Lights Out



RPS VOLLEYBALL CAMP SCHEDULE 2026

Winter Camps

January 4 - January 10	Beach
January 11 - January 17	Beach
January 18 - January 24	Hybrid
January 25 - January 31	Hybrid
February 7 - February 28	Beach

Spring Camps

March 1 - March 7	Beach
March 8 - March 14	Beach
March 15 - March 21	Beach
March 22 - March 28	Beach
April 4 - May 30	Beach

Summer Camps

June 7 - June 13	Beach
June 14 - June 20	Beach
June 21 - June 27	Hybrid
June 28 - July 4	Hybrid
July 5 - July 11	Hybrid
July 12 - July 18	Hybrid
July 19 - July 25	Hybrid
July 26 - August 1	Beach

PRICING

WEEKLY PROGRAM & CAMP

	1 week	2 weeks	3 weeks	4 weeks
Non-Boarding	\$1,499	\$2,699	\$3,999	\$5,399
Boarding	\$2,199	\$3,999	\$5,999	\$7,899

FULL-TIME PROGRAM

	Fall&Spring Semester	Fall Semester	Spring Semester
Non-Boarding	\$49,999	\$23,500	\$24,999
Boarding	\$79,999	\$39,360	\$40,639





TOTAL SUPPORT, 24/7

Our dedicated Student Life team offers comprehensive assistance around the clock, including help with doctor's appointments, transportation, attendance tracking, room checks, personal concerns, extracurricular activities, and disciplinary support. Alongside them, our vigilant security team ensures a safe and secure campus environment at all times.

EXCITING EXPERIENCES AWAIT

At RPS, we embrace diversity and celebrate our vibrant, multicultural community. Through engaging cultural exchanges, students spark their creativity, foster innovation, and develop adaptability. The fun continues beyond the classroom—exploring breathtaking natural sites, enjoying thrilling amusement parks, attending captivating performances, and participating in a wide range of events—all designed to support personal growth and memorable experiences. Join us for an extraordinary journey where education and excitement go hand in hand!

FLORIDA ADVENTURES

Florida offers endless entertainment options—from its beautiful beaches and fishing adventures to natural parks filled with diverse wildlife. The state is also home to world-famous amusement parks, fascinating museums, lively theaters, and top-tier sports venues, providing exciting entertainment for everyone.

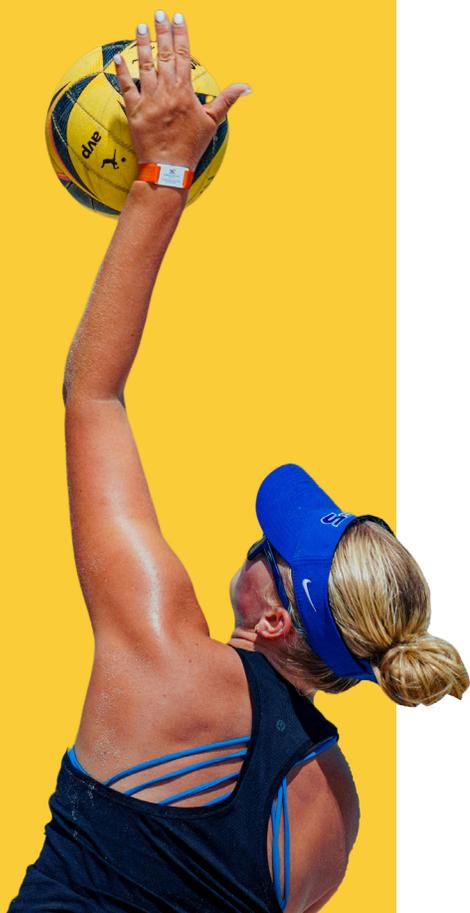
VIBRANT CAMPUS LIFE

Our campus is a lively hub of activity, encouraging social engagement, cross-cultural learning, and enthusiastic support for our diverse athletic teams. We go beyond traditional education by offering a wide range of on-campus activities and entertainment, enriching the student experience and fostering a strong sense of community.



STUDENT LIFE

THINGS TO KNOW



WHAT IS THE MINIMAL DURATION OF A RESERVATION

The minimum duration for a reservation is one week, and the average reservation is two to three weeks.



RECOMMENDED ARRIVAL DAY

We suggest arriving on a Sunday and departing on a Saturday. While students have the flexibility to arrive on other days, we highly recommend Sunday arrivals to take advantage of the orientation held that day, with the program officially commencing on Monday at 8 am.



LAUNDRY SERVICE RPS

Academies provides laundry service two times per week. Upon arrival, the students receive a laundry bag and drop the bag by the laundry room every morning and pick it up after 5:00 pm. Depending on occupancy, we provide laundry service twice or three times a week.



BOARDING FACILITIES

The boarding facilities are centrally located on campus.



AIRPORT TRANSPORTATION

For reservations, email Student Life at studentlife@rpsacademies.com or add the flight details in the enrollment forms. A Student Life team member will reply with confirmation of the reservation.



TOURNAMENTS

Contact us to learn more about our competitive platform and schedule of competitive events.



WHAT TO BRING?

- Appropriate Sports Shoes (2)
- Socks (10 Pairs)
- T-Shirts (12)
- Shorts (10)
- Water Bottle
- Sunscreen
- Sunglasses
- Swimsuit
- Towel
- Visor/Hat

FACILITIES

RPS Academies operates within a **world-class, all-inclusive resort**, providing an exceptional environment dedicated to the development of elite beach volleyball athletes. The academy features **four state-of-the-art, eight-court beach volleyball complexes**, designed to meet professional standards and deliver an unparalleled training experience.



The **quality, privacy, and atmosphere** of our venue make it a premier destination for **professional beach volleyball teams** from across the **United States and Europe** who regularly choose RPS Academies for their preseason and **pre-tournament training camps**.

Our **student-athletes** benefit from a complete on-site infrastructure that supports both performance and well-being, including a **fully equipped gym, academic facilities, swimming pool, restaurant**, and a variety of **recreational amenities**. This unique setting not only enhances athletic development but also promotes a **balanced, safe, and fulfilling lifestyle**—allowing athletes to train, study, and thrive in one exceptional location.





LOCATION

RPS Academy is located on the East coast of Florida, in the city of Port St. Lucie. Port St. Lucie is located conveniently between Miami and Orlando and is only a 45 minute drive from the West Palm Beach airport.

RPS ACADEMIES

4500 SE Pine Valley St.
Port Saint Lucie, Florida 34952
USA

AIRPORTS

West Palm Beach: 45 minutes by car
Fort Lauderdale: 1 hr, 45min by car
Miami: 2 hours by car
Orlando: 2 hours by car

FOR MORE INFORMATION

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