



FOUNDATION PROGRAM

Strength - Speed - Agility - Learning - Fun

This 6 week program introduces young athletes of any sport to performance and injury prevention training.

All while having a FUN time! Sessions focus on:

- **Sprint & Running Mechanics**
- **Core Strengthening**
- **Jumping & Landing**
- **Whole Body Strengthening**
- **Reactive Agility**
- **Fun & Competitive Challenges**
- **Deceleration**
- **Change of Direction**

March 3rd - April 9th
Tuesday and Thursday
4:00 to 5:00 pm
Ages 9-12

Only **\$169** per athlete