

**Flexibility • Balance • Coordination • Injury Prevention Exercises • Strength • Power • Speed • Quickness • Agility**



As the leaders in sports training and youth fitness, our performance team will teach your children the proper way to become faster, stronger and more explosive.

When you combine our highly-qualified staff, state-of-the-art equipment and world-class facilities, our program has established itself as the SECRET WEAPON for athletes and teams in Fairfield County who are looking to reach the next level. We use professionally recognized testing equipment to perform pre and post tests for all of our athletes. These results are key to measuring the progress and success of your athlete(s) in the Speed & Strength Program!

Our performance workouts last 60 minutes and address all aspects of performance in each session: Flexibility, Balance, Coordination, Injury Prevention Exercises, Strength, Power, Speed, Quickness, and Agility.



# Spring 2017 Program

## Phase 1: Mar 20th—April 19th

Class dates: 3/20, 3/22, 3/27, 3/29, 4/3, 4/5, (no class 4/10, 4/12), 4/17, 4/19

### Mondays & Wednesdays

- ◆ 8 session program
- ◆ Cost: \$75 per student



Days	Mondays	Wednesdays
3:00 – 4:00 PM	7 <sup>th</sup> - 12 <sup>th</sup> grades	7 <sup>th</sup> - 12 <sup>th</sup> grades
4:00 – 5:00 PM	3 <sup>rd</sup> - 6 <sup>th</sup> grades NYA TURF	3 <sup>rd</sup> - 6 <sup>th</sup> grades NYA TURF

**Everyone has the desire to win, but only champions have the desire to prepare.**