

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



As the leaders in sports training and youth fitness, NYA's 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.



2017 Summer Mini Camps

Summer SPEED Programs: Great special prices offered for summer only. You can attend as many sessions as you would like during each session.

Summer	3 Week Mini-Camp	Dates (M-F)	Price
Session # 1	Registration	6/19—7/7	\$120
Session #2	Registration	7/10—7/28	\$125
Session #3	Registration	7/31—8/18	\$125

*No class 7/4

Days/Times	Monday-Friday
3:00 – 4:00 PM	7 th - 12 th grades* NYA TURF
4:00 – 5:00 PM	3 rd - 6 th grades* NYA TURF

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