



Youth Speed and Agility 2016

Sports AdvantEdge is excited to offer our foundational class for grades 3rd and up. They focus on injury prevention/ deceleration/ acceleration/ change of direction and new to this program is introductory bodyweight strength exercises for kids this age! These classes establish a base for kids so they can move to our strength and speed sessions when ready. Athletes can come 2 days per week or choose the unlimited package where they can get up to 40 workouts in the summer.

PROGRAM COMPONENTS

Mobility/ Stability
Linear Speed enhancement
Bodyweight strength
Force Absorption
Agility training
Conditioning

YOUTH AGILITY 2 DAYS PER WEEK

MONDAY/ WEDNESDAY

9:00/ 10:00 / 12:00 / 1:00/2:00

TUESDAY/ THURSDAY

9:00/ 10:00 / 12:00 / 1:00/2:00

NEW UNLIMITED PACKAGE

COME EVERY DAY!!!!

15 ATHLETE MAX IN EACH CLASS

PROGRAM INFORMATION

JUNE 13TH—August 19th 10 Weeks

CLASSES RUN 60 MINUTES

UNLIMITED = \$400

2 DAYS PER WEEK = 20 SESSIONS \$280

**ASK ABOUT NEW MONTHLY PAYMENT OPTIONS
FOR THE SUMMER TO BREAK UP YOUR TOTAL
COST!!!!**

**ALL ATHLETES WHO ENROLL AND PAY IN
FULL BEFORE MAY 1st WILL RECEIVE
10% OFF FULL ENROLLMENT**

Also now available

Set your own schedule-Contact us for details
Ask about prorated prices for athletes in a fall sport
Ask about varying times your son or daughter can train
We will fit our training style into your athlete's needs!!!

NO CLASSES JULY 4TH, JULY 14TH AND 15TH

MAKE UP SESSIONS AVAILABLE FOR KIDS SCHEDULED ON THOSE DAYS!!!

Session Choice: (TOTAL DAYS) _____ (DAYS OF THE WEEK) _____ (Time) _____

ATHLETE NAME _____

GRADE _____ CONTACT PHONE _____ T-SHIRT SIZE _____

EMAIL _____

ADDRESS _____

CITY _____ ZIP CODE _____

RETURN THIS INFORMATION TO:

Sports AdvantEdge

403 Venture Court Unit 2, Verona, WI 53593

Register Online www.sportsadvantedge.com

email to brian@sportsadvantedge.com

Call 608-513-6917 or 608-848-1820 to register by phone