



Stillwater Area Public Schools COMMUNITY EDUCATION

651.351.8300

stillwaterschools.org/CE

PONY SPEED PROGRAMMING



Stillwater Area Public Schools Community Education and Acceleration Minnesota North partner together to provide speed training at Stillwater Area High School in the Pony Activity Center. Acceleration Minnesota has been the premier speed program in the Twin Cities since 1990. Acceleration is a science based and result driven speed program that uses high speed incline treadmills to teach

proper running technique, correct running form, stride length, and stride frequency. These treadmills incline up to 40% grade and can reach speeds of 28 mph. This program will run in 6-8 week intervals and allow students and/or adults to train 1 to 2 workouts per week. Student athletes ages 10 yrs old and up are eligible to sign up for the Pony Speed Program. You can sign up for training as an individual in one of the courses listed or get together a group of teammates and train together. A minimum of 8 participants is need for group training. Sessions with insufficient enrollment will be consolidated. Registrants will be notified with an option to cancel if unable to attend the reassigned time.

Pick one of the following course times for registration. Depending on the registration number, times may be consolidated into one of the scheduled times.

Mon/Wed/Fri • Jan 13-Feb 21
12 Sessions • \$240/person
*No session Jan 17, 20, 31,
Feb 7, 14, 17*

970-1 3:30-4:30 PM
970-1 4:30-5:30 PM
970-1 5:30-6:30 PM

Tue/Thu • Jan 14-Feb 20
12 Sessions • \$240/person

970-2 3:30-4:30 PM
970-2 4:30-5:30 PM
970-2 5:30-6:30 PM

Mon/Wed • Feb 3-Mar 18
12 Sessions • \$240/person
No session Mar 9, 11

970-3 3:30-4:30 PM
970-3 4:30-5:30 PM
970-3 5:30-6:30 PM

Tue/Thu • Feb 4-Mar 19
12 Sessions • \$240/person
No session Mar 10, 12

970-4 3:30-4:30 PM
970-4 4:30-5:30 PM
970-4 5:30-6:30 PM

Wed/Fri • Jan 15-Feb 21
12 Sessions • \$240/person

970-5 3:30-4:30 PM
970-5 4:30-5:30 PM
970-5 5:30-6:30 PM

Wed/Fri • Feb 5-Mar 20
12 Sessions • \$240/person

970-6 3:30-4:30 PM
970-6 4:30-5:30 PM
970-6 5:30-6:30 PM

Wednesday • Jan 15-Mar 4
8 Sessions • \$175/person

970-7 3:30-4:30 PM
970-7 4:30-5:30 PM
970-7 5:30-6:30 PM

Make Up Dates: *There are only make up dates if school is canceled due to inclement weather. An email will be sent out to family members to coordinate any make up dates. If your student misses due to another obligation there are no make-up dates.*

Register online 24 hours a day at stillwater.ce.feepay.com