



TUESDAYS & THURSDAYS STARTING JULY 6TH
WITH TOMMY PAAVOLA

YOUTH CONDITIONING SPECIALIST, CERTIFIED STRENGTH AND CONDITIONING SPECIALIST

7-10 YEAR OLDS: 1:30PM-2:30PM

FREE CLINIC TIMES: 3:30PM AND 4PM (JUNE 22ND, 24TH, 29TH & JULY 1ST)

"FUNDAMENTAL MOTOR DEVELOPMENT THROUGH FUN & GAMES"

BALANCE COORDINATION, AGILITY, BODYWEIGHT STRENGTH * BASIC ATHLETIC MOTOR SKILLS *

GUIDED DISCOVERY METHOD

GOOD FOR ALL KIDS; ALL ATHLETIC LEVELS

11-14 YEAR OLDS: 2:45PM-3:45PM

FREE CLINIC TIMES: 4:30PM AND 5:00PM (JUNE 22ND, 24TH, 29TH & JULY 1ST)

"BUILDING ATHLETICISM AND FUNCTION FOR SPORTS AND LIFE"

ATHLETIC MOVEMENT SKILLS AND LEARNING THROUGH COACHING AND GAMES * SPEED, AGILITY AND QUICKNESS * BODYWEIGHT STRENGTH, FLEXIBILITY, CORE STABILITY

GOOD FOR ALL KIDS; ALL ATHLETIC LEVELS

15+ HIGH SCHOOL ATHLETES: 4PM-5PM

FREE CLINIC TIMES: 5:30PM AND 6:00PM (JUNE 22ND, 24TH, 29TH & JULY 1ST)

"SUMMER CONDITIONING FOR HIGH SCHOOL SPORTS"

BUILDING A BETTER ATHLETE; FASTER, STRONGER AND MORE INJURY-RESISTANT * RUNNING TECHNIQUE, VERTICAL JUMP, CHANGE OF DIRECTION

GOOD FOR HIGH SCHOOL ATHLETES OF ANY SPORT

\$20 PER TRAINING; PAID SESSIONS START JULY 6TH
REGISTRATION REQUIRED; CLINICS RUN 15 MINUTES IN LENGTH; NON-MEMBERS WELCOME



FREE CLINICS FROM JUNE 22ND-JULY 1ST

**SIGN UP FOR 10 SESSIONS OF DISCOVER MOVEMENT TRAINING,
ON OR BEFORE JULY 6TH, AND RECEIVE ONE SESSION FREE!**