





# FAST. FIT. FUN

## SPORTS PERFORMANCE TRAINING

TRAIN FOR ANY SPORT!

Take your game to the next level with YMCA Sports Performance Training! This 4-week program is designed to help athletes in grades 4–8 improve their overall athletic performance through focused Speed & Agility or Strength & Core training.

Speed & Agility sessions focus on quickness, footwork, coordination, reaction time, change of direction, and explosive movement. Athletes will participate in drills using ladders, jump ropes, plyo boxes, medicine balls, resistance bands, and other training equipment to help them move faster, more efficiently, and with better control.

Strength & Core sessions focus first on proper mechanics, technique, and safety—not the amount of weight lifted. Athletes will learn how to perform exercises correctly, engage the proper muscle groups, develop core strength and stability, and build a strong foundation for safe strength training. Sessions also introduce proper spotting, recovery, gym etiquette, and injury-prevention habits.

**Program Goals & Focus**

*Develop speed, agility, strength, and coordination
*Improve movement efficiency, balance, and body control
*Improve quickness and reaction time
*Build confidence in the gym and on the playing field
*Learn safe and proper lifting mechanics
* Build core strength and stability
*Reduce injury potential through proper technique

**MONDAYS & WEDNESDAYS | SPEED & AGILITY**
-January 4th - January 27th

**TUESDAY & THURSDAY | STRENGTH & CORE**
-January 5th - January 28th

TIME: Option 1: 4:00-5:00PM
Option 2: 5:00-6:00 PM
GRADE: 4th-8th
FEE: Member: $0-Included with your membership
Non-Member: $70

NO PLACE Like This Place

SIGN UP TODAY