

2012



2013

Sports Enhancement Training

YOUTH (Ages 9-11) STRENGTH & CONDITIONING

WHAT'S INCLUDED?

- *Dynamic and Static Flexibility Exercises*
- *Agility/Speed Training*
- *Introduction to Strength Training Exercises*
- *CORE Strength Training*
- *Aerobic Exercise for Improved Endurance*
- *FUN!!!*

Looking for a way to start your journey toward becoming a faster, stronger athlete? Come join Access Acceleration's Youth Strength and Conditioning class to get started!

This class is designed for kids of all athletic abilities, ages 9-11, who are looking to get fit and have fun while doing it! With a mix of speed, agility, and strength training, this class will give you the training that you need to improve your performance in sport!



WHEN?

10/15-11/15 (5wks)
11/26-12/20 (4wks)
1/7-2/21 (7wks)
3/4-4/18 (7wks)
4/29-6/13 (7wks)

See back for more details

Class Times:
(Monday & Wednesday)
4:30-5:30pm

CONTACT US:

Access Health Building
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Exeter, NH 03833
(603) 778-4890
Mike Thompson
Email:
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www.accessacceleration.com

TRAIN FOR THE GAME AT ACCELERATION!



2012 - 2013 Training

****All Programs Are Conducted at Access Acceleration, 1 Hampton Rd, Exeter, NH 03833****

PROGRAM	DAYS	# WKS	*Please Circle*	
			TIME OPTIONS	1 Day 2 Days 3 Days
Youth Conditioning Class	Mon & Wed	5 10/15-11/15	4:30-5:30pm	\$75.00 \$150.00
Youth Conditioning Class	Mon & Wed	4 11/26-12/20	4:30-5:30pm	\$60.00 \$120.00
Youth Conditioning Class	Mon & Wed	7 1/7-2/21/13	4:30-5:30pm	\$105.00 \$210.00
High School Conditioning Class	Mon thru Friday	5 10/15-11/15	3:00-4:30pm	1 Days 2 Days 3 Days \$120.00 \$210.00 \$270.00
High School Conditioning Class	Mon thru Friday	4 11/26-12/20	3:00-4:30pm	1 Days 2 Days 3 Days \$96.00 \$168.00 \$216.00
High School Conditioning Class	Mon thru Friday	7 1/7-2/21/13	3:00-4:30pm	1 Days 2 Days 3 Days \$168.00 \$294.00 \$378.00
Middle School Conditioning Class	Mon thru Friday	5 10/15-11/15	3:00-4:30pm	1 Days 2 Days 3 Days \$120.00 \$210.00 \$270.00
Middle School Conditioning Class	Mon thru Friday	4 11/26-12/20	3:00-4:30pm	1 Days 2 Days 3 Days \$96.00 \$168.00 \$216.00
Middle School Conditioning Class	Mon thru Friday	7 1/7-2/21/13	3:00-4:30pm	1 Days 2 Days 3 Days \$168.00 \$294.00 \$378.00
Female Only Strength	Mon & Wed	5 10/15-11/15	3:00-4:00pm	1 Day 2 Days \$100.00 \$200.00
Female Only Strength	Mon & Wed	4 11/26-12/20	3:00-4:00pm	1 Day 2 Days \$80.00 \$160.00
Female Only Strength	Mon & Wed	7 1/7-2/21/13	3:00-4:00pm	1 Day 2 Days \$140.00 \$280.00
Return To Sport Class	Mon & Wed	5 10/15-11/15	4:00-5:00pm	1 Day 2 Days \$125.00 \$250.00
Return To Sport Class	Mon & Wed	4 11/26-12/20	4:00-5:00pm	1 Day 2 Days \$100.00 \$200.00
Return To Sport Class	Mon & Wed	7 1/7-2/21/13	4:00-5:00pm	1 Day 2 Days \$175.00 \$350.00
In-Season Strength & Conditioning	Mon & Wed	5 10/15-11/15	6:00-7:00pm	1 Day 2 Days \$100.00 \$200.00
In-Season Strength & Conditioning	Mon & Wed	4 11/26-12/20	6:00-7:00pm	1 Day 2 Days \$80.00 \$160.00
In-Season Strength & Conditioning	Mon & Wed	7 1/7-2/21/13	6:00-7:00pm	1 Day 2 Days \$140.00 \$280.00

Athlete's Name:	Date of Birth:		Sex:
Parent's Name:	Sport(s):		
Address:			
City:	State:	Zip:	
Phone:	Email:		
Payment Method:	VISA MasterCard Check Cash		
Name on Card:	Card #:	Exp Date:	
Signature of Parent/Guardian:	Parent's Email Address:		