

Summer 2015

Sport Performance Program

*Unlimited
Training
Sessions*

June 1 – August 7, 2015

Speed and Agility
Conditioning
Core Strength
Flexibility

Running and Jumping Technique work
Strength Training (13-15yrs)
Mental Training/ Coaching Support

Monday, Wednesday, Friday

Age Group	Time
6-8 years old	9-10am
9-12 years old	330-430pm
13-15 years old	430-530pm

**Full 10 week Program Only \$299 (\$10/session)
Weekly \$45/week (\$15/session)
\$25 per session**

**Only \$275 for 10 WEEKS if you register by
May 1, 2015!**

**To Register
call: 303-779-3640
email: kira@teamspeedco.com**



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For more Information and
register contact:
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