



Develop your youth athlete!

Youth Fit Camp 2011 (ages 9-12)

Youth Fit Camp Coach- Peter Sleight BS Health and Fitness Springfield College. 20 years of experience working with athletes of all ages and all levels.

Youth Fit Camp is designed to improve your youth athlete in:

- Cardiovascular fitness
- Total body strength (Lower, Core and Upper Body)
- Run speed (skate speed)
- Foot speed
- Lateral movement
- Vertical jumping ability
- Hand-eye coordination
- Flexibility
- Injury prevention and more

Workout specifics: The duration of the class will be 1 hour, including warm-up and cool-down. This is a cross training circuit style fitness workout, it is ideal for increasing youth performance in any youth sport i.e. baseball, football, hockey, basketball, la crosse, soccer etc.

Important: Please bring workout sneakers in hand to avoid bringing the outside elements into the studio. Also please bring a 20 oz. bottle of water for hydration.

When: Next 6 week session TBD

Where: Asian American Fighting Arts Studio (855 Worcester Rd. Framingham (Trolley Square))

Cost: \$60 for 6 weeks/ 6 classes - Limited space available per session. First come first serve basis

Contact: Peter Sleight at peter@everactiveonline.com or call 508.494.3981 to reserve your space or if you have any questions or concerns. Parent Authorization signature will be required prior to participating in the camp.

Make check payable to: Peter Sleight and return along with *parent authorization form* to: 4 Cahill Park Drive, Framingham MA 01702

New Sports conditioning – This is a 4 week private or semi-private strength and conditioning session (1-4 athletes) Please contact Peter for more info.