

# Athlete TRAINING Semi-Private

Athlete Semi-private Training is the program our company has used to develop **hundreds of elite athletes in the Waterloo Region** over the past decade.

The Athlete Semi-private Training includes the following elite athlete training programs:

- Off-Season Hockey Training Program
- Sport Specific Off-Season Training Programs
- High School Athlete Training Program

## WHAT DOES SEMI-PRIVATE TRAINING MEAN

- › Individualized training programs based on:
  - Age
  - Gender
  - Injury history
  - Sport
  - Schedule
  - Training goals
  - Results
  - Training experience
- › Athletes train under the supervision of our Depth High Performance Coaches (6:1 athlete to coach ratio) who instruct, monitor, educate and teach athletes how to train for results within the athletes' individualized training program.
- › Athletes train only at specifically scheduled times and sign-in for sessions using Depth Training's online scheduler.

## PROGRAM COST

- › 10 sessions..... \$249.00+HST
- › 20 sessions..... \$399.00+HST
- › 30 sessions..... \$540.00+HST
- › 40 sessions..... \$600.00+HST
- › DROP IN..... \$25/session

## TRAINING SCHEDULE

- › Monday, Tuesday | 2:30 - 7 pm
- › Monday, Tuesday, Thursday | 7:30 - 8:30 pm
- › Wednesday-Friday | 2:30 - 6:30 pm
- › Wednesday | 7 - 8 pm
- › Saturday | 10 am, 11 am

For more information please email [justin@depthtraining.ca](mailto:justin@depthtraining.ca)

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