

Athlete YOUNG TRAINING Future Stars

Catch the Fitness Bug Early! Level 1 of our Athlete Foundations Program, the FUTURE STARS Young Athlete Training Program is **designed specifically for male and female athletes in grades 4, 5, 6.**

This program introduces young athletes to fitness in a FUN, INTERACTIVE and FRIENDLY ENVIRONMENT that addresses all aspects of youth fitness with age appropriate exercises designed to help improve overall fitness and athletic ability.

We want our young athletes to leave Depth feeling energized, inspired and motivated to return.

PROGRAM COMPONENTS

Young athletes of all sports can benefit from this program as each of our training sessions include:

- › Dynamic warm-up
- › Age appropriate strength, balance and co-ordination training
- › Core Strength
- › Speed and Power
- › Conditioning
- › Athlete specific relays, reactive drills and friendly competition in an encouraging environment to help build self-esteem

PROGRAM COST

Program operates on packages of training sessions. Sessions are valid for 6 months.

- › 4 Training Sessions\$64.00+HST
- › 10 Training Sessions\$149.00+HST
- › 20 Training Sessions\$240.00+HST
- › DROP IN.....\$20.00/session +HST

TRAINING SCHEDULE

- › Monday | 7:00pm
- › Friday | 6:00pm
- › Saturday* | 11:00 am

*Saturday morning sessions are a combined Foundations Program Training Session with our Middle School Athlete Training Program.

For more information please email justin@depthtraining.ca

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