

ACL Reduction Program



Four Week Program

Mon & Wed

June 1st-22nd

4:00-5:00 pm

For Girls Ages 12-16

ACL injuries are on the rise. Most are non- contact injuries that could have been avoided or minimized with correct strength and conditioning training. Girls will learn proper strength exercises, jumping and landing skills as well as multi directional speed and agility. The goal is to reach and train for long term health and fitness.

Sign up at Front desk. Space is Limited!

\$80 Club Members

\$110 Nonmembers

½ off for second family member

**Once the program is completed, 12-14 year old participants will have access to the fitness facility when accompanied by a parent and 15-16 year old participants may use the equipment they have been coached on without parental supervision.
(Must attend all sessions)**

For more information, contact Tim Crowley, Director of Fitness at TC2coaching@comcast.net