

Intensive Jr. Strength Program



Youth Strength-Training

Three Day Program

June 29th - July 1st!!!

For Boys and Girls Ages 12-14

There are approximately 80-100,000 ACL (serious knee injuries) injuries in the United States every year. The really frightening statistic is 70% of these injuries are *non-contact* injuries. Also the prime ages for this injury are between 15-25 years of age. Resistance training has been documented to be extremely beneficial for children as young as 8. Injury prevention is just one of the benefits of a regular exercise program. Help get your children moving regularly and properly.

Sign up at the Front desk. Space is limited.

Mon - Wed

4:00 to 5:00pm

\$59 club members

\$79 nonmembers

Class size limited to 6

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)

Youth Fitness at Wayside!

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