

SPORTS MEDICINE PROGRAMS – September 7 to October 30, 2010

L2T: Learn 2 Train High Performance



This program is designed to improve young athletes general athletic skill development during this very important period of motor development. It is during this stage that adaptation to motor development skills is at its peak. Athletes will train learning proper technique with balance drills, agility ladders incorporating running, jumping, bounding activities with medicine balls and body weight exercises. The focus will be on setting a framework for development of movement skills for improved co-ordination, efficient movement and body awareness. *A perfect choice for athletes aged 8- 12 from any sport.*

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:00 PM						
5:00 PM	L2T		L2T		L2T	
6:00 PM		L2T		L2T		
7:00 PM						

Pricing: All prices subject to HST

4x/week= \$12/session

2x/week= \$20/session

Athletic Therapy Clients= \$30/session

3x/week= \$15/session

1x/week= \$22/session

Check your Extended Health Care plan today to see if you have Athletic Therapy coverage.

Fit Test Start Dates: Monday September 13, 2010
Tuesday September 14, 2010

Fit Test End Dates: Monday October 18, 2010
Tuesday October 19, 2010

Ensure you book your appointments accordingly with the fitness-testing schedule.