

# SPORTS MEDICINE PROGRAMS – September 7 to October 30, 2010

## T2T: Train 2 Train High Performance

*Killer Speed, Killer Power, Killer Agility*



A unique training program for athletes looking to improve their sport specific skill development. Key components of focus each day will be on speed, power and agility. Focus is on the introduction and development of resistance training skills, training of the aerobic system and further development of movement skills practice. Athletes will receive hands-on coaching and teaching with individual and group exercise prescription while thriving off the energy and motivation of the group session. Athletes will notice a marked improvement and transfer of skill to the ice, field, and court. *A perfect choice for athletes aged 13 - 15 from any sport.*

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:00 PM	T2T/T2TU		T2T/T2TU		T2T/T2TU	
5:00 PM		T2T/T2TU		T2T/T2TU		
6:00 PM					T2T/T2TU	
7:00 PM	T2T/T2TU		T2T/T2TU			

**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.**