



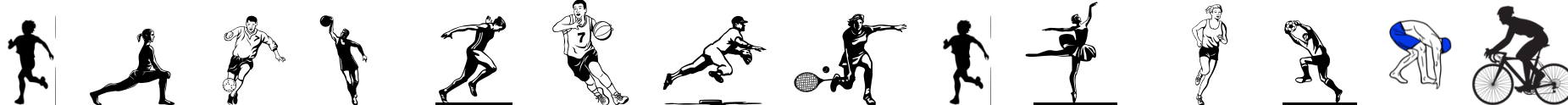
# 2024 YOUTH/TEEN SUMMER FITNESS PROGRAM

## Strength, Stability, Speed (Ages 10-15)

Jumpstart and elevate your child's overall fitness in this unique summer program! Whether your child is a young athlete, or just trying to become more fit/active/healthy; these workouts will fit their needs. Each 75-minute session will begin with a dynamic warm-up, and mobility/flexibility training. The remainder of the session will focus on age-appropriate, strength training where ***proper form will be a main focus***. Strength training will be supplemented with balance, stabilization, and speed/agility/quickness (SAQ) training. Working in this manner will allow for gains in strength, speed, agility and quickness; all while cross-training to help prevent injury. Students will use free weights, machines, bands, TRX, agility ladders, plyo boxes, ropes, rings, and medicine balls, among others.

Sessions held rain or shine as in addition to the outdoors, we have a large indoor facility with dedicated space for these sessions. We will also use the main weight areas in the club as well. Participants will get great exposure to all aspects of the club and the many fitness tools available to them.

In addition to the obvious physical benefits, participants will learn a lifelong skill that will always serve them well as they grow as a great tool to relieve stress, build self-confidence, and change their bodies for the better. ***Class sizes limited.***



*All sessions held both indoors and outdoors at River Valley Athletic Club, Stillwater, MN*

**Session 1:** Tuesdays June 4,11,18,25, and July 9 (5 sessions)

Time: 9:15-10:15am

Cost: \$89 members / \$99 non-members

**Session 2:** Tuesdays July 16, 23, 30, August 6, 13 (5 sessions)

Time: 9:15-10:15am

Cost: \$89 members / \$99 non-members

**Full Summer (Best Value):** Tuesdays June 4-August 13 (skip July 2)

Time: 9:15-10:15am

Cost: \$169 members / \$189 non-members

