

WHAT TO EXPECT

PROGRESS TRACKING

- > Body Metrics
- > Training Recording and Tracking
- > Individualized Evaluations

WORLD-CLASS RESOURCES

- > State-of-the-art Facilities
- > Certified Youth Coaches
- > Professional Sports Guests

PERSONAL GROWTH

- > Increased Self-Confidence
- > Fun Games Fostering Teamwork
- > Making New Friends

ATHLETIC DEVELOPMENT

- > Aerobic / Anaerobic Training
- > Explosive Power
- > Improved Running Mechanics
- > Multi-Directional Speed Training
- > Injury Prevention

SCHEDULE & PRICING

\$50

\$75

Full Day 9am - 5pm \$225

\$325

Half Day 9am - 12:30pm

Weekly Half Day

Weekly Full Day

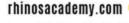
LOCATION

IRVINE

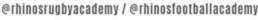
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