



# YOUNG ATHLETES STRENGTH & CONDITIONING

## DATES & TIME

- First 4 Week Small Group Training Session: **June 3 - June 27**
- Second 4 Week Small Group Training Session: **July 8 - August 1**
- Monday & Wednesday for Strength Training
- Optional Thursday for Speed Training
- 2 Class Options: **2:00 - 3:00 p.m. or 4:30 - 5:30 p.m.**
- Cost: **2 days 4 week session**      **3 days 4 week session**  
\$85 Member / \$110 Guest      \$110 Member / \$135 Guest

## DETAILS

- Develop power & strength for improved sports performance
- Learn proper form of fundamental movements from certified personal trainers
- Experience individualized sessions to achieve athletic goals
- Optional Thursday provides speed, agility and plyometric training

### FOR MORE INFORMATION

Contact Samantha Kelly  
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### SIGN UP AT FRONT DESK

Registration Deadline June 1 & July 6  
Open to Ages 13 & Up