



North Shore Sports Performance Institute

Summer 2013

Sports Performance Training Classes

Athletes ages 10-18

July 8th - August 31st (8 weeks)

Registration is now Open!

Monday – Friday

9:00-10:30 AM

10:00-11:30 AM

4:00-5:30 PM

5:00-6:30 PM

Saturday

10:00-11:30 AM

11:00-12:30 PM

Designed for athletes seeking excellence at the next level of performance! Each session focuses on mastering key athletic movement patterns which will support the development of strength, power, speed and flexibility. These athletes will decrease their risk for injury and build confidence to meet the demands of their specific sport. **GET STRONG, FIT AND CONFIDENT FOR FALL!**

- High School Boys/Girls (3 Day M,W,F or Sat)
- Middle School Girls/Boys (2 Day T,TH)
- Fourth & Fifth Grade Girls/Boys (2 Day T,TH)

*NSSPI suggests the number of days for each age-group due to what we believe is most beneficial for the athlete. However, we offer 1, 2 and 3 day options for each age group.

Cost: 3 X per week \$439/ 2 X per week \$339/ 1 X per week \$239*

Location: Manchester Athletic Club, Manchester MA

For more info or to Register Contact: nangorton@gmail.com

