Registration starts December 5 and ends January 6 unless class is filled.

DON'T RISK HAVING A CLASS GET CANCELLED DUE TO LOW ENROLLMENT. REGISTER TODAY!

New!

LEAD SPORTS PERFORMANCE

3301 Hampton Hwy., Suite C
Yorktown, VA 23693
(Yorkshire Down Shopping Center)

Instructors Chris Harper & Justin Roberts

ATHLETIC DEVELOPMENT CLASS

This class teaches dynamic warm ups used by professional athletes to prepare the body for top performance; functional movement screening; dozens of drills to increase starting speed and acceleration; secrets to improve your core strength; and multi-directional speed and agility. 5 weeks

Activity #	Ages	Day	Time	Date	Fee	NR Fee
Session 1						
312031A1	8-10	M	5:30-6:20pm	1/9-2/6	$80	$90
312031A2	11-13	M	6:30-7:20pm	1/9-2/6	$80	$90
312031A3	14-18	M	7:30-8:20pm	1/9-2/6	$80	$90
Session 2						
312031A4	8-10	M	5:30-6:20pm	1/9-2/6	$80	$90
312031A5	11-13	M	6:30-7:20pm	1/9-2/6	$80	$90
312031A6	14-18	M	7:30-8:20pm	1/9-2/6	$80	$90

KID'S BOOT CAMP

Learn the importance of dynamic warm ups; proper running form for max acceleration and speed; drills to increase starting speed and acceleration; secrets to improve your core strength and multi-directional speed and agility; 7 foundational movements (squat, lunge, rotation, plank, hinge, push, and pull) for proper strength and endurance periodization. 5 weeks

Activity #	Ages	Day	Time	Date	Fee	NR Fee
Session 1						
312032F1	10-14	Sa	11am-12pm	1/7-2/4	$80	$90
312032F2	15-18	Sa	12:00-1:00pm	1/7-2/4	$80	$90
Session 2						
312032F3	10-14	Sa	11am-12pm	1/7-2/4	$80	$90
312032F4	15-18	Sa	12:00-1:00pm	1/7-2/4	$80	$90