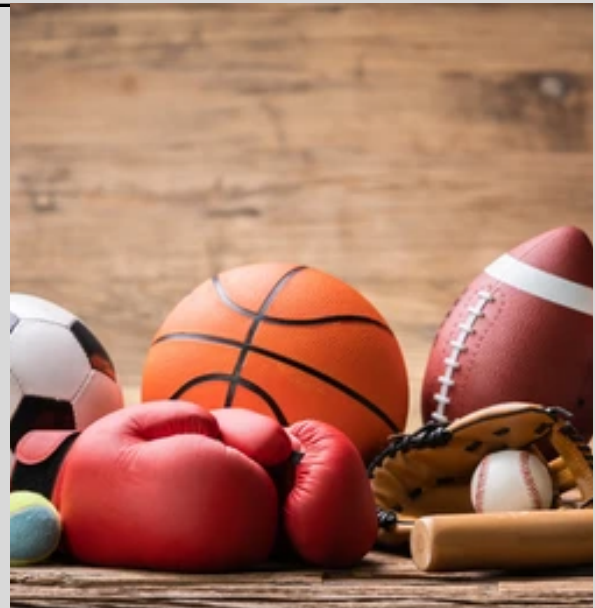


# La Vita Youth Speed & Agility Program

**Improve your Performance  
on the field/court!**



## **Speed & Agility** (Ages 10-12)

Looking to enroll in some offseason summer training, or to simply improve your overall speed and agility, La Vita's Certified Strength and Conditioning Coaches will push you to the next level, so you are ready for the next season.

## **Training Focus**

- Lateral and Horizontal Speed
- Acceleration and Deceleration
- Agility and Reaction Timing
- Core and Balance Training
- Plyometric Training
- Resistance Training
- Pre/Post Evaluations

## **Sessions Dates**

July 8th-August 30th, 2024

## **Tuesdays, Thursdays & Fridays**

9:00-9:45am

or

4:00-4:45pm

\*Session times TBD by consensus of registered participants preferences

## **Fee**

Member: \$240

Non-member: \$300

**\*Register at La Vita: 6/10/24 – 6/28/24**

