



## SUMMER STRENGTH & CONDITIONING PROGRAM

Registration is now open for our 5-week (10 classes) summer *co-ed* program! Our program is focused on strength, stability, motor-skilled development, coordination, agility, speed, power and injury prevention to take our athletes to the highest level. Open to youth athletes of all sports.

To register, please email [info@proformtherapy.com](mailto:info@proformtherapy.com) with athlete name, age, and class option to sign-up.

**Dates:** June 19<sup>th</sup>-July 28<sup>th</sup> (No class July 4<sup>th</sup>)

**Ages 8-10y/o:** M/W or T/Th 12:00-1:00\*

**Ages 11-13 y/o:** M/W or T/Th 1:00-2:00\*

**Ages 14-18 y/o:** M/W or T/Th 2:00-3:00\* (incoming Freshmen welcome)

**Cost:** \$400/Athlete (Due on start date-cash, check, or credit card)

**Training Address:**

1882 Johns Dr  
Glenview, IL 60025

**More Info or Questions:**

847.581.6300

[info@proformtherapy.com](mailto:info@proformtherapy.com)

- All Times subject to change depending on enrollment.
- 10 Athletes max per class
- 1 make-up session allowed- must be completed by July 28<sup>th</sup>
- Additional class times and class sizes upon request-Contact us for more details.
- Please contact us if interested in signing-up your own group (must have at least 6 athletes)

