



SUMMER STRENGTH & CONDITIONING PROGRAM

Registration is now open for our 5-week 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.

Dates: June 13th-July 24th (No class July 4th)

Grades 3-5 (Ages 8-11y/o): M/W or T/Th 9:00-10:00*

Grades 6-8 (Ages 11-14 y/o): M/W or T/Th 10:00-11:00*

Grades 9-12 (Ages 14-18 y/o): M/W or T/Th 11:00-12:00*

Cost: \$400/Athlete (Payment is due by start date)

Training Address:

1882 Johns Dr
Glenview, IL 60025

More Info or Questions:

847.581.6300
info@proformtherapy.com

**Times subject to change depending on enrollment.*

***10 Athletes max per class*

****Make-up sessions must be completed by July 24th*

(May discuss additional class times and class sizes. Contact us for more details.)

