



Summer Athletic Performance Program

The **Summer Athlete Acceleration** program is designed to improve sport specific skill along with Speed, Power, Endurance, Strength and Agility. The program will also decrease the chance of injury in competition through development of improved body control and increased joint stability. There will be a limited number of appointments and athletes admitted to the program so please make your reservation as soon as possible. **The fee will cover the entire Summer and also gives the athlete access to the YMCA 7 days a week.**

Summer Session May 29th – August 5th

Workout times:

7:00am-11:00am Mon-Thurs.
2:00pm-8:00pm Mon-Thurs.
7:00am-Noon Sat.

2018 Winter Average Results:

- .29 second decrease in 10yd Time
- 3.5 increase in Vertical Jump
- 2.1 inch Increase in Lower Body Flexibility
- 39 lb gain in Lower Body Strength
- 12 lb increase in Lean Muscle Mass
- 11 lb decrease in Body Fat

Ages- 8 and older

Program Duration- (Entire Summer)

Time- 30 min per session plus off day workouts

Cost:

2 Sessions Per Week Member- \$299.00 All Ages
2 Sessions Per Week Non-Member-\$350.00 All Ages
1 Session Per Week Member- \$199.00 All Ages
1 Session Per Week Non-Member- \$250.00 All Ages

Name _____

Address _____

Phone _____

Email _____

For Office Use Only:
Date _____
Fee _____
Payment Method _____
Staff Name _____

Call 402-223-5266 (Y) or 402-806-2485 (Dr. Ruiz) if you have questions or to schedule your first session.