



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Sports Performance Training Options

Sports Performance Class

This is a group training class for any sport that consists of 3–6 athletes. Classes are split up by ages 8–12 y/o and 13–16 y/o. This is great for anyone starting a new sport, seeking to improve skill level, or working to prevent sports related injuries.

They work on areas to improve in such as:

- Speed Development
- Balance and Precision Drills
- Agility Enhancement
- Intro to Complex Strength Training
- Explosive Power Training

Sport Specific 1-on-1 Training

This is for athletes looking to work individually with a trainer focusing on performance enhancement and injury prevention. Athletes will have the ability to focus on skills needed to succeed in any sport(s) they play. This is scheduled on an individual basis.

Sport Specific Duo Training

This is just like 1-on-1 training, but with a sibling or friend! Prices vary between 1-on-1 and duo training. Visit our website www.ymcagreenville.org for more information.

Scan below to register for any of our Sports Performance Training Options!

