



PrimoSports

"Your Multi-Sports Center"



Speed & Conditioning Program for ALL Sports

Instructor- Jim Lagarde

This program will make the athlete perform more effectively by improving their overall physical fitness and that is a combination of conditioning, speed, agility, and strength training. It will bring out the best in every athlete by not just making physically stronger but mentally stronger as well!

Great program for in-season player and even better for pre-season!

Winter 1

Tuesdays – December 6, 13, & 20*

Thursdays – December 8, 15, & 22*

Winter 2

Tuesdays – January 10, 17, 24, & 31

Thursdays – January 5, 12, 19, & 26

Winter 3

Tuesdays – February 7, 14, 21, & 28

Thursdays – February 2, 9, 16, & 23

Winter 4

Tuesdays – March 6, 13, 20, & 27

Thursdays – March 1, 8, 15, & 22

Time- Tuesdays 7:00-8:00 (Ages 11 & under)

Thursdays 7:00-8:00 (Ages 12 & up)

Price: \$60 (1x per wk for 4 wks)

*\$45 (1x per wk for 3 wks)

Entry will be confirmed once payment has been accepted. Cash, check and all major credit cards accepted.

PrimoSports P.O. Box 242, 1741 State Route 17A Florida, NY 10921 Phone: 845.651.0440 Fax: 845.651.0445 www.primosports.net

PrimoSports Speed/Conditioning Program Registration

Childs Name _____ Phone _____ DOB _____ AGE _____

Parents Name _____ Emergency Contact _____

E-mail _____ Tue or Thurs Session _____

Address _____

Street

City

State

Zip