


NORTHSIDE YOUTH SPORTS PERFORMANCE

**STARTS
AUGUST 31ST
FOR BOYS
AND GIRLS
AGES 8-15**

*FEES: LPOA MEMBERS \$80, NON-MEMBERS \$100, \$130 FOR TWO OR MORE KIDS.
CONSISTS OF TWO, ONE-HOUR GROUP TRAINING CLASSES PER WEEK
CLASSES OFFERED TUE-THUR • PARENTS CAN PICK WHICH TWO DAYS ARE MOST CONVENIENT
AGE GROUPS: YOUTH, 8-11, 4:30PM-5:30PM • JUNIOR, 12-15, 5:45PM-7:00PM*

This program is a fun, creative approach to improving the athletic abilities of your child. The exercises and drills in this program are designed to develop their coordination, balance, flexibility, strength, endurance, agility, and speed. Students will build in each of these seven areas, resulting in a more physically and mentally prepared athlete.



Exercise will help to build strong muscle and bones and will increase the body's endurance capacity, but only if that exercise is backed up by sound nutrition. Athletes will also be counseled on nutrition. I will provide a weekly news letter on nutrition that will be beneficial to both children and parents. My goal is to motivate the entire family to eat smart.

Whether your child is playing soccer, football, softball, baseball, basketball, tennis, hockey, or swimming, fitness training will increase their athletic performance. Youth fitness training is for every type of child. If your child is not involved in a sport and you feel they are not getting adequate exercise, then youth training can be the solution. This program will enable your child to reach their goals while having FUN in the process.

LPOA Members can review more information on the web site www.lakewoodpoa.com. Members and Non-members may register at Lakewood Properties located on 4500 Lakeshore Drive.

**FOR MORE INFORMATION PLEASE FEEL FREE TO
E-MAIL AT KAYTEE@NORTHSIDEYOUTH.COM
CALL AT 501-607-3100**



