



NEW!! 2023 PROGRAMS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
4:30-5:30						9:00-10:00	*WEIGHTLIFTING 101 AGES (15+)	
5:00-6:00	SPEED AND AGILITY AGES 9-12	SPEED AND AGILITY AGES 13+			SPEED AND AGILITY AGES 13+	10:30- 11:30	*SPEED AND AGILITY AGES 13+	
6:00-7:00	SPEED AND AGILITY AGES 13+	INTRO TO WEIGHTROOM AGES 9-14	SPEED AND AGILITY AGES 13+	INTRO TO WEIGHTROOM AGES 9-14	WEIGHTLIFTING 101 AGES (15+)	10:30- 11:30	*INTRO TO WEIGHTROOM AGES 9-14	
7:30-8:30		SPEED AND AGILITY AGES 9-12		SPEED AND AGILITY AGES 9-12		11:30- 12:30	*SPEED AND AGILITY AGES 9-12	
7:00-8:00	WEIGHTLIFTING 101 AGES (15+)		WEIGHTLIFTING 101 AGES (15+)					
7:30-8:30								

* SATURDAY CLASSES REQUIRES ADVANCED SIGN UP TO ATTEND SESSIONS

INTRO TO WEIGHTROOM	Program designed to teach young athletes ages 9-14 basic weightroom lifts to promote proper technique and safety. Supervised classes will focus on bodyweight, bands, dumbbell and kettlebell strength training.
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WEIGHTLIFTING 101	SMALL GROUP TRAINING (UP TO 6 ATHLETES PER GROUP) Classes will be supervised and instructed on the 4 main lifts Squat, Bench, Press and Deadlift. Perfect class for Athletes looking to get stronger in the weightroom and on the field.
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SPEED AND AGILITY	Program will focus on running and jumping technique, how to be explosive and change direction efficiently. Program will help to improve conditioning.
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PRICING OPTIONS

PACKAGES	SPEED AND AGILITY	INTRO TO WEIGHTROOM	WEIGHTLIFTING 101	COMBO SPEED / WEIGHTS	PERSONAL TRAINING	TEAM TRAINING and SMALL GROUP TRAINING	ASSESSMENT
5 PACK	\$125	\$150	\$175	\$450 (15 SESSIONS)	CALL FOR PACKAGES AND PRICING	CALL FOR PRICING	BY APPOINTMENT ONLY \$50
10 PACK	\$200	\$250	\$300				
INDIVIDUAL SESSIONS	\$30	\$35	\$40				



FOR MORE INFORMATION CALL (516) 227-2373

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