



SXS is pleased to present the latest SPRING Youth Performance Program – training for Performance Excellence by developing winning fitness habits that deliver measurable results. Excellence in Fitness that translates into Excellence in competition and LIFE!

DETAILS

DURATION: Up to 13 Weeks

DATES: March 31st – June 29th

The Full weekly program includes:

- Full body FUNCTIONAL Strength Training
- Plyometrics, agility, speed, coordination and movement mechanics
- Fundamentals of Olympic lifting and explosive power
- Stretching, foam rolling and other mobility principals
- Interval/ energy systems training

In a typical training session, we blend a number of training principals so that athletes can be exposed to a wider variety of training in each session which is more beneficial to their overall development. There will still be a main focus in each session, but there will not be any overlap from day-to-day.



SCHEDULE

Typical weekly schedule including where and when each session will take place.

| | MON | TUE | WED | THU | FRI | SAT | SUN |
|----------|----------|----------|----------|----------|-----|----------|-----|
| 11:15 AM | - | - | - | - | - | ALL Ages | - |
| 4:15 PM | U16/ U19 | U16/ U19 | U16/ U19 | U16/ U19 | - | - | - |
| 5:15 PM | U12/ U14 | U12/ U14 | U12/ U14 | U12/ U14 | - | - | - |

** If there is a scheduling conflict, athletes can participate with a different age group upon special request.*

*** 'All Ages' means anyone from U12 to U19 can participate. The program will have less complicated moves on those days and we will scale to training and intensity to meet everyone's needs and skill level*





PACKAGES OFFERED

1) FULL Spring PROGRAM Packages

These packages offer the best value. They include access to any weekly training sessions during the SPRING Program. ***If you get a late start in the program there are options to prorate based on start date***

| SESSIONS | PRICE | COST/SESSION |
|-----------|-------|--------------|
| 1x /week | \$300 | \$23.08 |
| 2x /week | \$530 | \$20.28 |
| 3x /week | \$650 | \$16.66 |
| UNLIMITED | \$750 | \$11.54 |

* Prices do NOT include HST.

2) Monthly Spring PROGRAM Packages

These packages are for month-to-month options. They begin the first day the athlete attends a session and end one month afterwards. They include access to any weekly training sessions during the month of the FALL Program.

| SESSIONS | PRICE | COST/SESSION |
|-----------|--------------|--------------|
| 1x /week | \$100/ month | \$25.00 |
| 2x /week | \$180/ month | \$22.00 |
| 3x /week | \$230/ month | \$18.00 |
| UNLIMITED | \$275/ month | \$13.00 |

* Prices do NOT include HST.

3) Drop-in

Rate: \$35 +HST per session (billed monthly, payable at end of each month)



PAYMENT OPTIONS

1. **Cash** or **Cheque** made out to SXS FITNESS INC.
2. **eTransfer** sent to stefan@sxsfitness.ca
3. **Payment Terminal** - Visa, Mastercard, AMEX, Debit
4. **Online Payment** - Visa, Mastercard, AMEX

ONLINE PAYMENT →

**** Please note that the prices do **NOT** Include HST.*