

# PrimoSports

"Your Multi-Sports Center"

**Advanced Speed**  
one on one or  
small group  
training available,  
inquire within!

## Speed & Conditioning Program

**Instructor: Demetric Gardner**

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!

### Winter Sessions

**Winter 5** – Mondays, March 8, 15, 22 & 29

**Winter 5** – Thursdays, March 4, 11, 18, & 25

### Spring Sessions

**Spring 1** – Mondays, April 5, 12, 19 & 26

**Spring 2** - Mondays, May 3, 10, 17, & 24

**Spring 1** – Thursdays, April 8, 15, 22, & 29

**Spring 2** – Thursdays, May 6, 13, 20, & 27

**Spring 3** – Mondays, June 7, 14, 21, & 28

**Spring 3** – Thursdays, June 3, 10, 17, & 24

### Times

**Ages 12 and up** – 7:30-8:30pm Mondays

5:30-6:30pm Thursdays

### INVESTMENT

\$60 per 4 wk session (1x per week)

\$99 per 4 wk session (2x per week)

**\$30 per 4 wk session (if currently enrolled in another instructional class)**

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

PrimoSports 472 Route 17A Florida, NY 10921 Phone: 845.651.0440 Fax: 845.651.0445 [www.primosports.net](http://www.primosports.net)

### PrimoSports Speed/Conditioning Program Registration

Childs Name \_\_\_\_\_ Phone \_\_\_\_\_ DOB \_\_\_\_\_ AGE \_\_\_\_\_

Parents Name \_\_\_\_\_ Emergency Contact \_\_\_\_\_

E-mail \_\_\_\_\_ Session \_\_\_\_\_

Address \_\_\_\_\_

Street

City

State

Zip