

GAMESPEED

Presents

Youth Speed Skills Training Class

Starting Wednesday April 7th

Instruction In:
Running Form & Technique
First Step Explosiveness
Short Burst Acceleration

Ages: 9-13

Co-Ed

Cost: \$25 per class

4 For \$95

Wednesdays & Fridays

5pm-6pm

6pm-7pm

Sundays

10am-11am

11am-Noon



Fun, Easy & Innovative Training Methods

60 minutes of instruction
Age appropriate exercises

Small Groups

All Sports Welcome

To Reserve Your Spot Contact

Gamespeed Sports Performance @

Delta Valley Athletic Club

120 Guthrie Lane

Brentwood, Ca 94513

925 513-8676

Website: www.Gamespeed.net

No Club Membership Required

“Training Today’s Youth To Be Tomorrows Champions”