

Speed & Performance

Summer Schedule

- This program incorporates speed, strength, and explosion training designed for the adolescent athlete.
- Athletes in every sport are encouraged to join us for these tough and exciting workouts.

Session 1 June 9—Jun 25
Session 2 June 30—July 16
Session 3 July 21—Aug 6



Level 1 (Ages 10-13)
Tuesday/Thursday 1:30pm
-Indoor Tennis Courts-

Level 2 (High School)
Tuesday/Thursday 12noon
-Basketball Gym-

Level 1 & 2

	Member	Non-Member
Daily	\$9	\$10
Session	\$45	\$50
All Summer	\$115	\$130

For more information contact Matt Perdue, Head Strength Coach.
530-221-4405

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www.sunoaks.com/youth-sports-training