

# 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 5—June 22  
**Session 2** June 26—July 13  
**Session 3** July 17—August 3



**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](http://www.sunoaks.com/youth-sports-training)