



Intro to Youth Strength-Training

There are approximately 80-100,000 ACL (serious knee injuries) injuries in the United States every year. What is scary about that is 70% of these injuries are *non-contact* injuries. Also the prime ages for this injury are between 15-25 years of age. Resistance training has been documented to be extremely beneficial for children as young as 8 as helping them to get stronger and healthier! Injury prevention is just one of the benefits of a regular exercise program. Help get your children moving regularly and properly.

For young people ages 8-13

Three 1 Hour sessions \$ 149

Three 1 Hour sessions \$199

with a friend \$ 99 each

Three 1 Hour sessions \$249

with 2 friends \$ 83 each

Once the program is completed, 8-10 year old participants will have access to the lower fitness room when accompanied by a parent and 11-13 year old participants may use the equipment they have been coached on without parental supervision.

Longfellow Sports Club 