

La Vita Summer Sport Programs

**Improve your performance
on the field/court!**



Speed & Agility

Ages 14-18

Whether you want to make the varsity team, collegiate team or simply improve your overall speed and agility, La Vita's Certified Fitness Specialists and Certified Athletic Trainers will push you to the next level and help you reach your goals.

All-Star Development

Ages 9-13

Athletic development starts with motivated athletes and expert teaching. La Vita's Certified Fitness Specialists and Certified Athletic Trainers focus on teaching younger, developing athletes the proper movement techniques which will reduce the likelihood for injury and enhance athletic performance in the future.

Summer training will be held outdoors (weather permitting). Bring your water bottle and sweat towel!



Training Focus

- Lateral and Horizontal Speed
- Agility and Reaction Timing
- Core and Balance Training
- Acceleration and Coordination
- Flexibility
- Team Building
- Pre/Post Evaluation

Summer Session

June 11 – July 31, 2018

*No classes during the week of July 2 unless needed for rain make-up dates

SA 1: Mon/Wed 8:15-9:15am (Ages 14-18)

SA 2: Tue/Thu 9:15-10:15am (Ages 14-18)

SA 3: Mon/Wed 6:45-7:45pm (Ages 14-18)

AD 1: Mon/Wed 9:15-10:15am (Ages 9-13)

Fee

Member: \$117

Non-member: \$143

New! \$10 Drop-in Option

Summer 2018 participants can purchase additional drop-in classes for just \$10 each

Team Discount

6+ players from same team signing up together will get \$20 off/player

Class Size

Minimum: 4

Maximum: 20