



# YOUTH AND SPORT-SPECIFIC PERSONAL TRAINING

Training programs are designed specifically for each sport and are made to increase an athlete's strength, power, speed, quickness, agility, coordination, mental toughness, aerobic endurance, flexibility, and skill development. Personal trainers are knowledgeable about their sport and will challenge each athlete to bring an attitude of hard work, accountability, teamwork, and total effort to each and every workout so that the athlete will improve both physically and mentally over the course of the training program.

**QUESTIONS?** Please contact Adam Cardwell, Sr. Engagement Director - Wellness at 336 712 2000 ext. 6566 or [a.cardwell@ymcanwnc.org](mailto:a.cardwell@ymcanwnc.org)

#### **SPORTS OFFERED:**

Soccer, Lacrosse, Basketball, Volleyball, Track and Football

#### **AGES:**

5-18

#### **PERSONAL TRAINING RATES/PACKAGES:**

1 Hour Session: \$45 members/\$65 potential members

1/2 Hour Session: \$35 members/\$45 potential members

#### **PERSONAL TRAINING PACKAGES:**

1 Session: \$45 members/\$65 potential members

4 Sessions: \$175 members/\$255 potential members

8 Sessions: \$345 members/\$505 potential members

12 Sessions: \$500 members/\$720 potential members

#### **SMALL GROUP TRAINING:**

2-5 people: \$30 member/\$45 potential member

#### **YOUTH SPECIALTY TRAINING:**

- CROSSTRAIN FOR YOUTH (AGES 6-11)

- NEXT LEVEL SPORTS TRAINING (AGES 10-18)

- VOLLEYBALL CONDITIONING (AGES 10-18)

#### **FEES:**

\$75 member/\$100 potential member

**SIGN-UP FOR 4 OR MORE PERSONAL TRAINING SESSIONS & RECEIVE A FREE 30 MINUTE FITNESS ASSESSMENT**