



# WATTS 2010

## Weights-Agility-Technical-Training-Supervision

WATTS is a supervised 8 week program for all athletes ages 12-18.

WATTS focuses on improving **strength, speed, quickness, and coordination** through supervised weight training, core strengthening, plyometric and speed workouts.



- Dates: June 14th- August 5th
- Cost: \$195.00 plus ongoing or summer membership
- When: Mondays, Tuesdays, & Thursdays
- Times: 8-9:30 a.m. or 10-11:30 a.m.

For more information and program details please contact  
Jeff or Jamie at 295.2552.