



WATTS 2011

Weights-Agility-Technical-Training-Supervision



WATTS is a supervised 8 week program for all athletes aged 12-18 years of age. WATTS focuses on improving strength, speed, quickness, and coordination through supervised weight training, core strengthening, plyometric and speed workouts.

Dates: June 13th- August 4th

Cost: \$195.00 plus summer membership

When: Mon, Tue, & Thursdays

Times: 8:00-9:30 am or 10:00-11:30 am

(Limit to 12 participants per time slot)

Who: Ages 12-18

Sign-up today! Reserve your spot at the front desk.