



“Training Today’s Athlete for Tomorrow’s Competition”

“2010 Spring Classes”

7 weeks

At NESAs

345 University Ave in Westwood

- **Precision All Sport Programs** - At Precision our athletes will receive an individualized training program for their age, gender, sport, medical history and training experience. Our workouts focus on speed, agility and body weight strength exercises. As a result of the type of training provided in these sessions, individuals can establish the proper motor patterns that will ultimately lead to athletic success:
- **Precision Juniors** All sports speed and strength training program for youth athletes ages 8-10,
- **Precision MS** All sports speed and strength training program for middle school athletes ages 11-13,
- **Precision HS** All sports speed and strength training program for high school athletes ages 14-18,
- **Precision Mini Athlete:**

Schedule/Fees

- **PRECISION HS**, Mon and Wed from 6:00 to 8:00 pm **\$525.00**
- **PRECISION MS**, Mon and Wed 4:30 to 6:00 pm **\$420.00**
- **PRECISION JR** , Mon and Wed 3:30 to 4:30 pm **\$325.00**
- **PRECISION Mini Athlete** Mon and Wed 9:30 to 10:30 **\$275.00**