



TWIST YOUTH CONDITIONING PROGRAMS FOR FALL 2010 • SEPTEMBER 7 - DECEMBER 18 (15 WEEKS)

Welcome to Twist Conditioning's Fall 2010 Youth Athlete Conditioning Programs! Twist Conditioning is a progressive team, driven to re-define sport conditioning through knowledge, innovation and experience. Building champion athletes and winners in life is what we do. This Fall we have a wide range of Sport Conditioning Programs for young athletes from the ages of 8-18 years old and from the beginner to elite level. Each session is 75 minutes in length and participants can choose to train 1, 2, or 3 sessions per week, depending on the Sport Program. Take your game to a new level today!

Cost: 1 session/week = \$30/session • 2 sessions/week = \$25/session • 3 sessions/week = \$20/session
In-Season HP Development Program On-Ice: 1 session/week = \$30/session

FALL PROGRAM SPECIALS


- **FREE 1 ON 1 SESSION** – New members- register before **August 28** and receive your 1-on-1 "Intro to Sport" Conditioning session FREE
- **BE MY GUEST- FREE 1 ON 1** – Refer a friend or family member to private or group training and receive a free private session (Value-\$75)
- **RENEWAL EARLY BIRD** – Summer Program members, renew your registration before August 28 and receive \$25 off.

FALL PROGRAM STARTING LINE-UP:

IN-SEASON HP DEVELOPMENT PROGRAM NEW	Transfer the benefits of the Twist Hockey Conditioning Program directly to the ice! On Ice training methods include skating mechanics, plyometrics, starting quickness, change of direction, agility with and without puck, speed, individual skills, game tactics, and anaerobic energetics.
YOUTH SOCCER CONDITIONING	Twist's Soccer conditioning program will focus on improving soccer-specific strength, power, and movement skills through Peter Twist's innovative functional training systems. The development of linked system strength, rotary power, sport core, speed, agility and quickness will give you the boost needed to win challenges to the ball and elevate your game.
YOUTH HOCKEY CONDITIONING	The Twist In-Season Hockey Conditioning Program is designed for players to make physical gains in speed, quickness, strength, reaction, agility, anaerobic conditioning, and stride power during the season. Players will train these physical parameters utilizing Peter Twist's world famous hockey conditioning methods. Don't wait until the season is over to train, it's too late. Programs available for Junior A, Junior B/C, Midget, Bantam, Peewee, Atom and female players.
YOUTH SPORT CONDITIONING	This program is available for athletes from a variety of multi-directional sports including hockey, soccer, basketball, lacrosse, football, rugby, baseball, tennis and volleyball. This session will focus on developing the secondary fitness characteristics common in all multi-directional sports including, speed, agility, reactivity, balance, linked strength, rotary power, quickness, and more.

REQUIREMENTS FOR NEW PARTICIPANTS	All new Twist program participants must book an Introduction to Sport Conditioning Session. This is a one hour 1 on 1 Training session during which you will learn all of the major sport conditioning movement mechanics and postures. If you have trained with Twist Conditioning in the past you do not need to take this session. The cost of the session is \$50 and valued at \$75. All Introduction to Sport Conditioning Sessions need to be booked upon registering and completed prior to your first session. All intro sessions booked before August 28 are FREE.
REGISTRATION	<ul style="list-style-type: none"> • To register please fax (905-336-9311), mail or drop off your registration form to: 1179 Northside Road, Burlington, ON, L7M 1H5 • All Registration forms must also be accompanied with an Intake form and Par-Q form. Registration forms, Intake forms, and PAR-Q forms can be downloaded from our website at www.twistburlington.com
PRIVATE TRAINING	<ul style="list-style-type: none"> • Add on a private training session to your program each week and work 1 on 1 with a Twist Sport Conditioning Coach. For more information on private 1 on 1 training packages please call 905-335-9599 (ext. 22) or visit www.twistburlington.com **Special Fall Private Training Packages available.

FALL PROGRAM SCHEDULE:

YOUTH PROGRAMS	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:45-10:00am						Youth Hockey
	4:45-6:00pm	Youth Soccer				Youth Soccer	
	6:00-7:15pm		Youth Sport Conditioning	In-Season HP (6-7pm On-Ice)	Youth Sport Conditioning		
	7:15-8:30pm			Youth Hockey			