

TWIST YOUTH CONDITIONING PROGRAMS FOR WINTER 2012 • January 9 – March 31 (12 WEEKS)

Welcome to Twist Conditioning's Winter 2012 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
 FULL HP Soccer Program: \$549 • On Field HP Soccer Program \$224

WINTER PROGRAM SPECIALS

- **EARLY BIRD REGISTRATION** - Fall members, renew your registration by December 2 & receive \$25 off your Winter training program.
- **YOUTH WINTER CAMPS** - Get ahead of your competition this winter by registering for our Youth Winter Conditioning Camps. Classes will run from Dec 19 to January 7 at 2:00pm and 6:00pm. See Twist Staff for more details and to register!
- **FAMILY SPECIAL** - With all our new adult classes, now is a great time to get the family involved! When two family members are registered the 3rd, and every additional family member, receives 50% off their registration.
- **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-\$85)

WINTER PROGRAM STARTING LINE-UP:

HIGH PERFORMANCE SOCCER PROGRAM NEW	Twist Burlington is excited to be offering a new program specifically for Soccer athletes. This 10 week program will focus on improving the performance of the athlete on and off the ball. Emphasis will be placed on strength, linear/lateral movement mechanics, multi-direction reactivity, first step quickness, acceleration/deceleration, balance, explosive power, core stability, nutrition/hydration and injury prevention strategies. This program will consist of twelve 90 minute Soccer specific training sessions and eight on field sessions. This Winter Soccer athletes can also choose to register for only the 8 on field sessions to improve their soccer-specific skills through innovative and intense training sessions.
YOUTH SOCCER	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	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.
SPEED, AGILITY & QUICKNESS (SAQ)	Speed, agility and quickness are three of the most important physical components for athletes. The Twist SAQ program will teach you how to move more efficiently through postural correction, biomechanical analysis and movement skill patterning. Athletes will focus on increasing their first step quickness, deceleration, explosive speed, reactivity and multi-directional movement skills. Become a quicker, faster and more reactive athlete with Twist's SAQ training methods.

REGISTRATION

- To register please fax (905-336-9311), email train@twistburlington.com 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

YOUTH PROGRAMS



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:45-10:00am						Youth Hockey
4:45-6:00pm	Youth Soccer					
5:15-6:30		HP Soccer Program 5:00-6:30pm		HP Soccer On Field 5:00-6:30pm	Youth Hockey	
6:00-7:15pm		Youth Sport Conditioning		Youth Sport Conditioning		
7:15-8:30pm			SAQ			