



**10 WEEK PROGRAM: June 28 - September 5, 2010**

### SUMMER VACATION SPECIAL

**RECEIVE 2 WEEKS OF FREE TRAINING THIS SUMMER - Offer expires June 18**  
**Pay for 8 weeks and receive your 9<sup>th</sup> and 10<sup>th</sup> week free. Save up to \$120.**

Welcome to Twist™ Conditioning's Summer 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 Summer we have a selection 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 1 hour and 15 minutes in length (except Kids Sport) & participants can choose to train 1, 2, or 3 sessions/week, depending on the Sport Program. Take your game to the next level today.  
**1 /week=\$30/sess. x 10 =\$300 Summer Special=\$240 2 /week=\$25/sess. x 20=\$500 Summer Special=\$400 3/week =\$20/sess. x 30 =\$600 Summer Special=\$480**

#### SUMMER PROGRAM SPECIALS

- **SUMMER VACATION SPECIAL**- Receive 2 weeks free. Only pay for 8 weeks of the 10 week program. Must register by June 18.
- **FAMILY SPECIAL** - Register 2 family members (Adult or Youth) and receive 50% off all additional family member registrations. Expires June 25.
- **SUMMER FITNESS TESTING:** See the reverse side for more details.  
**GROUP TESTING COMBINE - \$90:** Test your fitness levels before & after your program. Includes 2, 2 hour testing sessions. Expires June 23.  
**1 on 1 TESTING & TRAINING - \$499:** 1 x 30 minute consult, 2 x 60 minute testing sessions, 5 x 1-on-1 training sessions. Expires July 2 .
- **FURTHER 2 WEEKS FREE** - When you refer a friend or family member new to Twist. Ask us for more details.

#### SUMMER PROGRAM STARTING LINE-UP:

<b>BASKETBALL CONDITIONING</b>	The Twist Basketball-Specific program will focus on building the physical parameters used in Basketball to make you a more skilful bball player. Learn how to move more efficiently and how to extract more power and speed out of your body. This program will develop rotary core power, speed, agility, quickness, full-body strength and power, leg power, anaerobic capacity, balance & core.
<b>SOCCER CONDITIONING</b>	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.
<b>SPEED, AGILITY &amp; QUICKNESS (SAQ)</b>	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. Once a foundation of movement is built, 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.
<b>KID'S SPORT CONDITIONING (Age 8-11 yrs)</b>	Kids Sport Conditioning will teach young athletes the foundational components of athleticism through a fun, dynamic and motivating training environment. Children between the ages of 8 and 11 are at a peak stage for nervous system development. This means that most of their body awareness, coordination, movement mechanics and balance will be developed by the age of 12 making it a critical time for youth athletes to train. The program will focus on developing movement not muscle. Balance, agility, quickness, core stability, posture, reactivity and strength will be trained through fun and challenging drills. Don't miss this window of opportunity. Cost: <b>1 session/week=\$25/sess x 10 = \$250 <u>Summer Special=\$200</u></b>

YOUTH PROGRAMS	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	11 am - 12:15pm						SAQ
	6:00pm - 7:15pm	Kid's Sport 6-7pm	Soccer Basketball	SAQ	Soccer Basketball		

#### REGISTRATION

- To register please email ([training@twistconditioning.com](mailto:training@twistconditioning.com)), fax (604-904-6558), mail or drop off your registration form to: Unit 12-1225 East Keith Rd, North Vancouver, BC, V7J 1J3
- All Registration forms must also be accompanied with an Intake & Par-Q form. All forms can be downloaded from [www.twistconditioning.com](http://www.twistconditioning.com)
- All new participants must book an **Introduction to Sport Conditioning Session**

