



## Pinnacle Sports Development

# Summer Youth Class Schedule

### THAI KICKBOXING

This class will teach the basics of Thai Kickboxing which consists of punches, leg strikes, and knee strikes. Our trainers will focus on proper technique of throwing strikes as well as defending against strikes. Whether you're looking for a way to begin a martial art or a fun way to get in shape this class will be a perfect fit for you.

**Session 3—June 19 to August 7**  
(no class July 3)

**Saturday** 11:00am - Noon, ages 9-11

**Saturday** Noon - 1:00pm, ages 12-14

**Saturday** 1:00pm - 2:00pm, ages 15-18

**Cost: \$82 includes equipment rental**

### SPEED AND AGILITY

Training geared towards improving the athletes' explosive starts, lateral movements, core stabilization and overall speed thru plyometrics and over speed training.

**Session 3**

**June 21 to August 11**

**Mon or Wed** 10:30-11:30am

**June 26 to August 14**

**Sat** Noon to 1:00pm

**Cost: \$72**

### STRENGTH AND POWER

Learn technique and form of basic exercises to advanced movements with free weights/machines, stability balls and body weight exercises. Also, learn how to design a workout program for your individual needs.

**Session 3—June 23 to August 14 (16 classes)**

**Wed/Sat** 11:30am to 12:30pm, ages 10-11

**Cost: \$120**

Class sizes are limited.  
Register today in person or online at

[www.leafsicecentre.com](http://www.leafsicecentre.com)



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