



Pinnacle Sports Development

Spring 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 1—March 13 to April 17

Session 2—April 24 to May 29

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 1—April 5 to May 26 (8 classes)

Mon or Wed 6:30 - 7:30pm, ages 9-12

Mon or Wed 7:30 - 8:30pm, ages 13-17

Cost: \$72

LACROSSE

Lacrosse, "the fastest sport on two feet," combines the best attributes of basketball, hockey, and soccer. This clinic will introduce the game of lacrosse and run the players through a progression of drills beginning with passing, catching and scooping, building to stick handling, dodging, shooting and moving into the offensive and defensive systems. The last two meetings will conclude with a games.

Session 1—April 1 to May 6

Session 2—May 13 to June 7

Thursday 6:30 - 7:30pm

Cost: \$82 includes equipment rental

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 1—April 5 to May 26 (16 classes)

Tues/Thurs 6:30 - 7:30pm, ages 12-14

Tues/Thurs 7:30 - 8:30pm, ages 15-18

Cost: \$120

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

www.leafsicecentre.com



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