



SUMMER CONDITIONING PROGRAM WITH COACH TYLER

**DON'T LOSE YOUR FITNESS, IMPROVE YOUR FITNESS
BE MORE COMPETITIVE NEXT SEASON**

Where: 1 Ferry Street, Brockville
BRC Strength and Conditioning Centre
The Training Ground of Olympians, National & Provincial
Champions

When: Block A - 6 Weeks May 6th to June 14th
2 Week Break for Exams June 17th to 28th
Block B - 6 Weeks July 2nd to August 9th



**2 sessions per week!
1.5 hours each session!
18 hours of training per Block!
Focus on Strength Conditioning,
VO2 Max Conditioning and
Mobility**

**Male and Female
Athletes
Grade 7 - 12**

**1st Block \$220 May 6 - June 14
2nd Block \$220 July 2 - August 9
Tuesdays 6:30pm-8pm
Saturdays 9:30am-11am
Returning Athletes Save \$30
That's and average of \$11.39/h!**



**All Sports Benefit
from this Training**

Email Tyler to Register stjohntyler1@gmail.com