



# Speed, Agility and Power Training

Athletes of all ages and sports can benefit from Speed, Agility and Power training. Get faster, more agile and more explosive with ASA's SAP training! We'll do form running drills, speed ladder drills, agility hurdle drills, cone drills, medicine ball drills, etc. We'll run two sessions per age group a week, come to either if you want to work out once a week or both if you want to work out twice a week. You'll also have access to our weight room before or after your workout.

| <b>Age Group</b> | <b>Day/Time</b>                                       | <b>Sessions/Price</b>   |
|------------------|---|---|
| <b>Under 12</b>  | <b>Monday, Thursday<br/>7:00-8:00pm</b>               | <b>One Session per Week<br/>8 weeks - \$175<br/>Two Sessions per Week<br/>8 weeks - \$325</b> |
| <b>12-14</b>     | <b>Monday, Friday<br/>8:00-9:00pm</b>                 | <b>One Session per Week<br/>8 weeks - \$200<br/>Two Sessions per Week<br/>8 weeks - \$350</b> |
| <b>15-18</b>     | <b>Tuesday, 7:30-8:30pm<br/>Thursday, 8:00-9:00pm</b> | <b>One Session per Week<br/>8 weeks - \$200<br/>Two Sessions per Week<br/>8 weeks - \$350</b> |

**All Sport Academy**  
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