



YOUTH ATHLETE PROGRAMS

Fall 2010 Sept 27-Dec 19 (12 WEEKS)

The Twist 2010 Fall youth athlete conditioning schedule presents tremendous opportunities for in-season training for winter sport athletes and the perfect opportunity for off season conditioning for spring and summer sports. We have a wide range of Sport Conditioning Programs for young athletes from the ages of 8-18 and from the beginner to elite level. Each athlete is coached by a certified Twist strength and conditioning coach and challenged to improve their movement skills, speed, agility, quickness and athletic strength in a 75 min training session. Athletes can train 1, 2, or 3 times per week, depending on the Sport Program as we progress each week from foundational development through athletic efficiency and build the complexity and intensity of each program throughout the 12 weeks to take every Twist athletes' game to the next level.

TWIST 2010 FALL PROGRAM FEES:

- 1 session/week = \$30/session = \$360
 - 2 sessions/week = \$25/session = \$600
 - 3 sessions/week = \$20/session = \$720
 - *Stat Holidays: Program fees will be prorated for Stat holidays
- For more information on Team conditioning programs or individual athlete and small group training, please call 905-217-0664 or visit us at www.twistwhitby.com for details.

FALL PROGRAM SPECIALS

- *FREE 1 ON 1 SESSION: Receive our 1-on-1 Intro to Sport Conditioning Session for FREE upon registration (New Clients). Expires Aug 27th
- *2 WEEKS FREE Referral Reward: When you refer a friend or family member. Referral receives FREE INTRO TO SPORT session with Twist Coach.
- *FAMILY SPECIAL: 2 or more family members (Adult or Youth) receive 10% off registrations.
- *\$50 Athlete RENEWAL EARLY BIRD: Renew your registration before Sept 17th & receive \$50 off. (\$25 for TFL, & Yoga)
- *FREE TRIAL OPEN HOUSE CLASSES – Sept 14th-18th

*SEPTEMBER FALL MINI-CAMPS Hockey Soccer Lacrosse SAQ Youth and Kid Sport	Waiting for the confirmation of school and team schedules can make it difficult to commit to fall programs ahead of time. We have come up with a way that we hope will help keep our young athletes moving and give them a kick start on their fall training program before our official 12 week program begins. From September 7-27 athletes can train 1,2 or3 sessions per week and Be Ready for our fall training program. Athletes registered for the Fall mini-camp will receive \$25 off registration for the fall 12 week programs. • Cost: \$90 for 1x per week (3 sessions) • \$150 for 2x per week (6 sessions) • \$220 for 3x per week (11 sessions)						
TOTAL ATHLETE EXPERIENCE PACKAGE *Add-in customized private training and testing to your group program	The Total Athlete Experience concept is sure to maximize the efficiency of your workouts, your schedule and your money. Let the Twist team help you mix and match our group programs and private training to maximize your conditioning needs. Add on this program to any of our group or team training programs and experience a customized training plan that focuses on meeting your individual goals through private and group training sessions and functional testing. This package includes functional testing, private training sessions customized to your goals to be used at any time throughout the summer session, and a customized take-home workout so you can train on your own. Cost: \$399 (Valued at \$599) Must be registered in an adult/youth program, or team training.						
FALL SPORT CONDITIONING FSC	This program is available for athletes from a variety of multi-directional sports including hockey, soccer, basketball, lacrosse, football, rugby, baseball, tennis and volleyball. It will focus on developing the secondary fitness characteristics common in all multi-directional sports including, strength, speed, agility, balance, rotary power, and more. Athletes can train 1-3x per week.						
HOCKEY CONDITIONING YHKY	The Twist In-Season Hockey Conditioning Program will focus on making you a better skater, shooter, and checker with specialized drills that focus on linked strength, rotary power, first step quickness, stride power, skating balance, and skating speed. Players will train with Peter Twist's world famous hockey conditioning methods in 1 or 2 75 minutes workouts per week. Ages 12+ (Groups based on ages and skill level) Don't wait until the season is over to train, it's too late; capitalize on this 6 month period with Twist's structured hockey-specific conditioning program.						
SOCCER AND LACROSSE CONDITIONING SCR/LAX	The Twist Soccer and Lacrosse program will focus on improving specific strength, power, and movement skills through the innovative Twist athlete training systems. The development of linked system strength, rotary power, core strength, speed, agility and quickness will give athletes the boost they need to win challenges to the ball, break away from defenders and elevate their game.						
NEW SPEED, AGILITY & QUICKNESS SAQ	Speed, agility and quickness are three of the most important physical components for athletes. The Twist SAQ program will teach Athletes 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.						
KID'S SPORT CONDITIONING KSC	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.						
YOUTH PROGRAMS	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	4-5:15 pm	FSC	YHKY1	FSC	KSC SAQ	YHKY1	10-11:15 FSC 10:15* KSC
	5:15-6:30 pm	SCR * LAX		SAQ		SCR * LAX	
	6:30-7:45	HKY2		HKY2			