

12 WEEKS • January 9– April 1, 2012

"Everyday is My Day to Get Better"

Our goal is to help each Twist athlete get **BETTER EVERYDAY**. We have designed the **2012 WINTER Athlete Development Programs** to make it happen. We are committed to helping in-season athletes peak for tournaments & playoffs and ensure that Spring/Summer sport athletes will be at their best when their best is needed in 2012. We have a wide range of **Sport Specific & Athlete Development Programs** for athletes aged of 8-18 from beginner to elite level. Each athlete is coached by a certified Twist strength & conditioning coach in a 60-75 min session as we progress from athletic foundations to more complexity & intensity over the 12 weeks.

Athlete Development Programs - 60 mins
Kids Sport, FSC, SAQ, ASD & ESD
 *see class details below
 1 x/week for 12 x \$24 = \$288
 2x/week for 24 x \$20 = \$480
 3x/week for 36 x \$18 = \$648
 *To register please call 905-217-0664 or download forms www.twistwhitby.com

Sport Specific Programs-75 mins
Hockey, Soccer, Lacrosse, Baseball
 *see class details below
1 session /week = 12 x \$30= \$360
2 x /week = 24 x \$25 = \$600
3 x /week = 36 x \$20 = \$720

WINTER PROGRAM SPECIALS


RENEWAL EARLYBIRD Returning 2011 Twist athletes renew your registration BEFORE DEC. 12th & receive **\$50 off** your Winter Program and secure your class spot!
***NEW ATHLETES FREE 1-ON-1** New Members can register by **Dec. 23rd** & receive a FREE 1-on-1 "Intro to Sport" Conditioning Session or class.
***FREE TRIAL WEEK Jan 9-15 NEW ATHLETES** can experience the TWIST DIFFERENCE OR current athletes can try any NEW class. **Register by Jan. 7th**
FAMILY TRAINING (50% Off) When 2 family members are registered the 3rd + additional members receive **50% off!**
BE MY GUEST FREE 1-on-1: Bring a **NEW ATHLETE** to your group or private training session. If they register for a program you will receive a **FREE 1-on-1 session AND an Under Armour Combine360 Training shirt** (Expires Jan 31)

SPORT-SPECIFIC PROGRAMS: 75 min sessions

HOCKEY CONDITIONING HKY	Twist In-Season Hockey Conditioning Program is designed to make you BETTER . 1 st step explosiveness, Stride power, Speed, quickness, athletic strength, reaction time, and HKY specific conditioning will be the focus of specialized drills from our world class Twist Hockey Conditioning System. Players can train 1-2 x 75 min. sessions/week. Don't wait until the season is over to train, it's already too late. Capitalize on this 4 month period and BE READY for playoffs & spring tryouts. Ages 12+ (Groups based on age/skill)
SOCCER*LACROSSE CONDITIONING SCR/LAX	The Twist off-season Soccer & Lacrosse program will focus on improving specific strength, power, & movement skills through the innovative Twist athlete training systems. The development of athletic strength, rotary power, core strength, speed, agility & quickness will give athletes the boost they need to win challenges to the ball, break away from defenders & elevate their game for 2012. Individual athlete and sport needs will be addressed & implemented by your TWIST coach into every session!
NEW BASEBALL CONDITIONING BSB	Make this off-season count with Twist's unique & innovative Baseball Development Program. This 12 week progression will have you physically and mentally prepared for opening day. The BSB program will introduce specialized drills for 1 st step explosiveness, speed, agility, rotary skill and core power development, shoulder stabilization, injury prevention, & BSB specific strength & power development to help players become better hitters, better athletes and more skillful at their position.

ATHLETE DEVELOPMENT PROGRAMS: 60 min sessions

NEW ATHLETIC STRENGTH DEVELOPMENT ASD	Get Twist Strong with our new Athletic Strength Development Program. ASD will build athletic strength for BETTER performance in any sport through our unique neuromuscular training philosophy based on training movement, not muscle . ASD combines athletic movement, linked-system strength & power, transitional balance, coordination, mind-muscle integration, & sequential muscle firing from the inside out . Your TWIST Coach will identify & train up weak links in the kinetic chain, build core stability & strength, increase joint mobility & stability, and build full-body integrated strength. Ages: 12-14 & 15+ (group based on physical/psychl maturation)
NEW ENERGY SYSTEM DEVELOPMENT ESD	One of the most limiting factors in performance for young athletes is the aerobic/anaerobic engine or energy system. An athlete's talent & skill are often not truly shown because their conditioning level cannot sustain the demands of the game and cannot properly execute the full potential of their skill. ESD will focus on building aer/anaerobic energy systems so athletes can play to their true performance potential. ESD will challenge athletes with multi-directional interval training, shuttle progressions, bike sprints, movement skill circuits, resistance & overspeed running, & muscular endurance training. Individual athlete needs & sport specific demands will be addressed & implemented by your TWIST coach in every session. ESD is great combo class with ASD!
WINTER 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.
KID'S SPORT CONDITIONING KSC Ages 8-11 yrs	KSC TEACHES young athletes the foundational components of athleticism & PHYSICAL LITERACY within a fun, dynamic environment. Children between the ages of 8 and 11 are at a peak stage for nervous system development. Most of their body awareness, coordination, movement mechanics and balance will be developed by the age of 12 making it a critical time for learning HOW to move properly. KSC focuses on developing movement not muscle. Balance, agility, quickness, core stability, posture, reactivity & athletic strength will be coached through fun, challenging, athletic drills. Don't miss this window of opportunity to MOVE BETTER!

PROGRAMS	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	10-11am						FSC * KSC	ASD
	11am-12pm						BSB *NEW!	
	4-5:15		HKY1			HKY1		
	4:15-5:15	WSC		WSC	KSC			
	5:15-6:30	SCR*LAX		ASD	SCR*LAX	ESD		
	6:30-7:45	HKY2		HKY2				