

# INTRO TO MOVEMENT, WEIGHTLIFTING, & SPRINTING

2022-2023 School Year

## Details:

- Mon./Wed.  
or  
Tues./Thurs.  
2:00p - 3:00p
- Grades 6 thru 12
- \$75/mo.
- 6 days of optional at-home workouts included each week
- MUST HAVE 10 STUDENTS SIGN UP TO OFFER COURSE
- *Contact Louis Jamison to confirm availability*



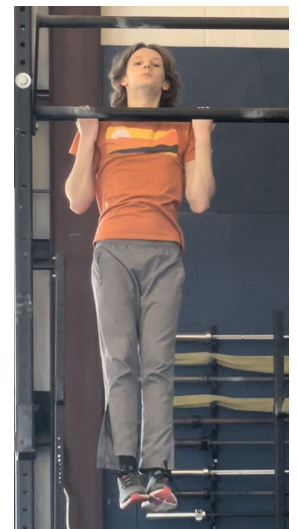
## What do students get in this course?

Students get the opportunity to have fun while learning the basics of safe weightlifting. They are introduced to and taught proper sprinting mechanics and how to control their body through space. Games are used as a way to let them be kids and integrate all the skills they have learned and improved upon. A low student-to-coach ratio ensures a high level of attention and guidance during sessions.

## What parents are saying about this class:

“You have to know that the kids really appreciate coming to your class. It’s been such a positive gym experience for them.”

“We just about had to drag him here for the first month but now he loves coming here. Now he even goes to workout on the days he doesn’t come here.”



## Contact:

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Athletes' Journey Coaching  
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## Sporthalle-NBCF is located at:

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