



# CHANTILLY YOUTH ASSOCIATION

## SPEED & QUICKNESS TRAINING

FALL 2014



POWERED BY:  TRUEAP

## PROGRAM DETAILS

DATES: 9/2/2014 – 11/20/2014 *(START ANYTIME!)*

DAYS/ TIMES: Sessions Offered Monday – Thursday

Youth (ages 8-10): 5:00 – 6:00pm

Athlete (ages 11-14): 6:00 – 7:30pm

Elite (ages 15-18): 3:30 – 5:00pm

*\*FREE Saturday sessions Included with all weekday training packages!*

LOCATION: The nZone  
14550 Lee Road  
Chantilly, VA 20151



COST: Ages 8-10: As Low As \$120/month (2 days/week)  
Ages 11-14/ 15-18: As Low As \$200/month (2 days/week)

**\*Promo Code: CYAbball – 20% Off Normal Pricing!**

- Sessions Focus on Improving:
  - SPEED
  - AGILITY
  - QUICKNESS
  - POWER
  - COORDINATION
  - OVERALL ATHLETIC ABILITY!
- Monthly Testing/ Evaluation Sessions to Measure Results!
- Homework Packet and Nutritional Guide Provided!

**REGISTER NOW!**

1. Visit [www.TrueAP.com/PREMIER](http://www.TrueAP.com/PREMIER)

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2. Find Your Organization and Follow the Prompts to Register!

Questions? Contact Randy Devine: [rdevine@trueap.com](mailto:rdevine@trueap.com)

