



YMCA SPORTS PERFORMANCE CENTER

Summer Sessions: July 1-August 23

BETTER ATHLETES | BETTER PLAYERS | BETTER TEAM

Want your athlete to get the best training during the summer off season?
Sign up for the SPC summer program. Open to athletes 11 and older.

**AS LOW AS
\$10 PER CLASS!**

**BUY 3 WEEKS
GET 4TH WEEK FREE!**

Expires 6/1/19



ABOUT THE YMCA SPORTS PERFORMANCE CENTER

The YMCA SPC delivers results through training programs customized to the athlete. Athletes training in the YMCA SPC learn the most effective and safest ways to train and see improvement in their strength, stamina, confidence, and effectiveness in the game. The SPC trains players for a wide variety of sports including soccer, football, lacrosse, swimming, cross country, golf, hockey and more, from schools such as Southington and Cheshire High Schools, Southington Soccer Club, Bard College, Southern New Hampshire University, Bentley College, Boston University and more.

ABOUT COACH TOMMY



For over ten years, Tommy Sienkowski has been working in the fitness industry, leading individuals down the path of health and wellness. Tommy has trained hundreds of clients ranging from middle school to high school/college athletes. Holding certifications as a certified strength and conditioning specialist, coupled with his own experience as a high school and college athlete, Tommy leads the team of coaches in the YMCA Sports Performance Center.

YMCA SPORTS PERFORMANCE CENTER
130 North Main Street—Back of Building
Southington, CT 06489

(860) 426-9536

| TSienkowski@sccymca.org



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Summer Sessions: July 1–August 23

WEEKLY SUMMER TRAINING SCHEDULE:

Week 1 — July 1 to 5

Week 2— July 8 to 12

Week 3— July 15 to 19

Week 4— July 22 to 26

Week 5— July 29 to August 2

Week 6— August 5 to 9

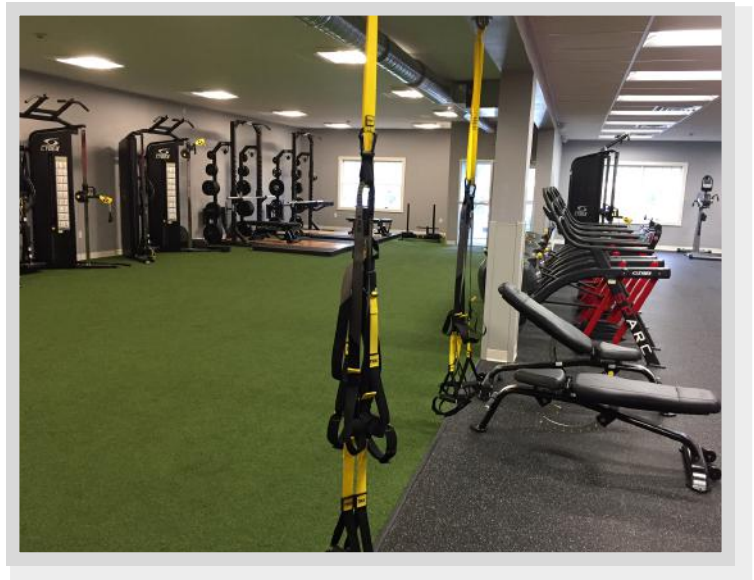
Week 7— August 12 to 16

Week 8— August 19 to 23

HOW IT WORKS – Each week participating athletes will train five days in a row (Monday to Friday). Athletes will be provided their own program customized to their needs and will be coached in a group setting. Each program will include days built in for recovery.

EACH WEEK WILL INCLUDE THE FOLLOWING TRAINING COMPONENTS:

- **Pre-season Prep**
- **Speed**
- **Maximal Strength**
- **Agility**
- **Recovery Strategies**
- **Nutrition Habits**
- **Power (Acceleration & Deceleration)**



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TO REGISTER

PICK YOUR WEEK

(Choose as many as you want)

Week 1 Week 2 Week 3 Week 4 Week 5 Week 6 Week 7 Week 8

PICK YOUR TIME

(Time can change for each week)

10:00-10:45 am

3:00-3:45 pm

6:00-6:45 pm

11:00 - 11:45am

4:00-4:45 pm

7:00-7:45 pm

2:00-2:45 pm

5:00-5:45 pm

SIGN UP

CHOOSE ONE OF THESE THREE OPTIONS

- Visit www.sccymca.org/register to register online (**Keyword: SPC**)
- Visit the YMCA Membership Service Desk (Bring this sheet with the week, time and member option circled to make the transaction quick)
- Call 860-628-5597 to register over the phone

For programming questions, please call Coach Tommy at 860-426- 9536

PRICING

Pricing Per Week

- Full Member \$50
- Program Member \$100
- Non-Members \$110

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Additional Services

ADULT SPORTS PERFORMANCE PERSONAL TRAINING

Have you lost some of your athletic ability? Do you enjoy training for performance? Check out our adult sports performance personal training! Get back into game shape—on your own schedule with the help of one of our Sports Performance Center personal trainers. For additional information contact the YMCA SPC at 860-426-9536.



FUNCTIONAL MOVEMENT ASSESSMENTS

Athletes - Get on the fast track to better with an FMS Assessment !

All YMCA SPC programs are customized to the athlete's needs and incorporate agility, power, nutrition habits, recovery strategies, strength, and speed training. The quickest way to figure out where your athlete will be the most successful and what needs the most work is through an hour long FMS Assessment.

Pricing: \$35

Sign Up: Visit The Y or call 860-628-5597

Learn More: Coach Tommy at 860-426-9536

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