



# SPORTS PERFORMANCE CENTER | PARISI

## SPORTS PERFORMANCE CENTER SCHEDULE THROUGH MAY 31

| Class                    | Days                                      | Time   | Monthly Cost   |
|--------------------------|---|--|--|
| Pee-Wee                  | Saturday                                  | 10-11:00am   | Attend 1 time/week<br>\$25 members;<br>\$50 guests   |
| Game Time                | Saturday                                  | 9-10:00am  | Attend 1 time/week<br>\$25 members;<br>\$50 guests   |
| Jump Start I             | Monday<br>Wednesday<br>Friday<br>Saturday | 4:30-5:30pm<br>6:30-7:30pm<br>4:30-5:30pm<br>9-10:00am | Attend 2 times/week<br>\$45 members;<br>\$90 guests  |
| Jump Start II            | Tuesday<br>Thursday<br>Saturday           | 6:30-7:30pm<br>4:30-5:30pm<br>11:00am-12:00pm          | Attend 2 times/week<br>\$45 members;<br>\$90 guests  |
| Total Performance        | Tuesday<br>Thursday<br>Friday<br>Saturday | 5:30-6:30pm<br>5:30-6:30pm<br>5:30-6:30pm<br>12-1:00pm | Attend 3 times/week<br>\$75 members;<br>\$150 guests |
| Basic Strength           | Monday<br>Wednesday                       | 5:30-6:30pm<br>5:30-6:30pm                             |  |
| Elite Sports Performance | Monday<br>Wednesday                       | 6:30-7:30pm<br>4:30-5:30pm                             | Attend 3 times/week<br>\$75 members;<br>\$150 guests |
| Advanced Strength        | Tuesday<br>Thursday                       | 4:30-5:30pm<br>6:30-7:30pm                             |  |

See back for full class descriptions



Information for Schererville Family YMCA | [cymca.org](http://cymca.org)

## CLASS DESCRIPTIONS

### **Pee-Wee (5-7 years old)**

Pee-Wee classes teach fundamental athletic movements to children between the age of 5 years and 7 years old, while integrating age-appropriate educational strategies with motivational coaching. Whether your child ever sets foot on a soccer pitch, football field or basketball court, the skill sets learned extend well beyond any playing surface. The Parisi Pee-Wee program will develop critical gross motor skills while providing its young participants with an opportunity to also practice essential social, emotional, and problem solving skills. The class is broken down into four separate periods, which aim to engage the athlete, get them moving, follow directions, work as a team...and have fun!

### **Game Time (7-15 years old)**

This program is designed to get kids off the sofa, off electronics and into having fun while getting fit. The program develops good exercise habits and awareness of nutrition. Parisi's Total Conditioning uses fun and exciting modalities like medicine balls, resistance bands, ladders, plyometrics, and yoga. It also incorporates the Parisi signature speed training methods and the latest in performance and strength training. That combination make the program come alive and produce quick results, keeping kids coming back for more.

### **Jump Start I (7-8 years old); Jump Start II (9-10 years old)**

Utilizes the most up-to-date research to build up an athlete's foundation, improve coordination and self-confidence. Certified Parisi Performance Coaches teach signature speed and strength methods in a fun and friendly environment. This ensures the athletes are engaged and motivated to give 100%. The Jump Start program is a must for any child who wants to develop an athletic foundation of skills, that will help them get faster and stronger to rise above the competition.

### **Total Performance (11-14 years old)**

Utilizes the most up-to-date research on safe athlete training techniques and injury prevention as its foundation. This program uses our signature speed and strength training methods and cutting-edge coaching techniques from certified Parisi Performance Coaches to produce maximum improvements in athletic performance. At this level, programming is broken down into an individual focus per session; linear speed, acceleration and deceleration, change of direction and strength. This program builds on an athlete's physical foundation and refines their skills in order for them to maximize their strength, aerobic and/or sport specific training. Athlete's will also learn the skills and conditioning necessary.

### **Basic Strength (11-14 years old)**

Introduction of strength training concepts with an emphasis on proper form, movement patterns, bodyweight resistance training, progressive programming and injury prevention. This program develops the foundation for an athlete's relative strength while teaching optimal body mechanics in a safe, fun environment.

### **Elite Sports Performance (15-20 years old)**

This program focuses on the regression and progression of our signature speed-training methods. At this level, certified Parisi Performance Coaches use their knowledge and experience to individualize strength training for their athletes based on their abilities and specific goals. Utilizing either Basic Strength or Advanced Strength programming, this program builds on an athlete's physical foundation and develops their athletic abilities even further, in order for them to maximize their potential and reach their goals on game day.

### **Advanced Strength (15-20 years old)**

Provides a sport-specific protocol for the high-level athlete to develop strength in areas that will directly transfer to their chosen sport. This high-level training pushes athletes to the next level, giving them a competitive edge as they prepare to compete at the high school, collegiate, Olympic or professional level.