

ORLEANS

RECREATION PRESENT



YOUTH STRENGTH TRAINING WITH BRIAN LAVERY

THIS CLASS IS DESIGNED FOR STUDENTS IN GRADES 5-8, REGARDLESS OF THEIR SKILL LEVEL. THE CLASS WILL CONSIST OF A COMBINATION OF STRENGTH TRAINING, HIGH-INTENSITY INTERVAL TRAINING, AND FUN GAMES AT THE END OF EACH SESSION. NO PRIOR EXPERIENCE IS REQUIRED TO PARTICIPATE. DURING THE CLASS, PARTICIPANTS WILL LEARN THE PROPER WAY TO LIFT AND WORKOUT IN A TECHNIQUE-DRIVEN FORMAT, WITH A STRONG EMPHASIS ON SAFETY.

SATURDAY MORNINGS: APRIL 12TH - MAY 17TH

TIME: 10:00 AM-11:30 AM



FEE: \$30 FOR RES. \$45 FOR NON-RES / PER CHILD

GRADES: 5-8 / MAX CAPACITY - 15 STUDENTS

LOCATION: NAUSET REGIONAL MIDDLE SCHOOL GYM

WHAT TO BRING: WATER & ATHLETIC CLOTHING

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