

Access Acceleration Sports Enhancement Training
Www.AccessAcceleration.Com

**FUN &
FITNESS!!**

“TRAIN FOR YOUR GAME !!!”

BEGINNER SPEED & AGILITY

FITNESS FOR AGES 8 TO 12

Dates:

6/27/11–8/26/11

Time: 11:30am-12:30pm

TUES/THURS

OR

4:00-5:00pm

Mon/Wed

Our Beginner Class is designed for kids of all athletic abilities between the ages of 8-12 years old. The primary goal is to have FUN with FITNESS!! Regular exercise helps children to develop self-esteem; build and keep healthy bones, muscles, and joints; to have a leaner body and maintain a healthy weight; and to improve at sports.

Head Instructor: Kelli Shapleigh, ATC

Kelli is a member of our Access Acceleration Training Staff. . .she is a certified athletic trainer and played collegiate soccer at Plymouth State College. Kelli has also worked in our physical therapy practice, Access Rehabilitation Services and was a former trainer at the collegiate level with Daniel Webster College. She has expertise in training to prevent injuries!!

- Aerobic Exercise For Improved Endurance
- Strength Training Using Body Weight Exercises
- Dynamic And Static Flexibility Exercises
- Introduction To CORE Training
- Injury Prevention Jump Training
- Get FIT And Have FUN!!!

Location:

**Access Acceleration
Access Health Bldg
1 Hampton Road
Exeter, NH 03833
(Suite 106)**

Access Acceleration

Access Health Building
1 Hampton Road, Suite 106
Exeter, NH 03833

Karen Kay
Sports Performance Director

Phone: 603-778-4890

E-mail:

KarenKay@accessacceleration.com

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Sports Enhancement Training

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"TRAIN FOR YOUR GAME!!!"

**BEGINNER SPEED & AGILITY
FITNESS FOR AGES 8-12**

Name: _____ Date of Birth: _____
Address: _____
Email Address: _____
Phone: (Home) _____ (Cell) _____
Emergency Contact: _____ Phone: _____

DAYS: TUE/THU at 11:30am-12:30pm OR MON/WED at 4:00-5:00pm

2 DAY FEE OPTIONS: 3wks = \$90.00 6wks = \$180.00 9wks = \$270.00 or \$15 per session

**PLEASE CIRCLE THE CORRECT OPTION AND ATTACH TO YOUR CHECK AND MAIL
OR YOU MAY CALL ACCESS ACCELERATION AT 778-4890 TO USE YOUR CREDIT CARD
(MASTERCARD OR VISA ONLY)**

Access Acceleration

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1 Hampton Road, Ste 106
Exeter, NH 03833

Karen Kay
Sports Performance Director
Phone: 603-778-4890
E-mail:
KarenKay@accessacceleration.com
www.accessacceleration.com

2011 PAYMENT PACKAGE: 2 Payment Option

Only Available With Credit Card Payments

MASTERCARD OR VISA

1 Payment or 2 Payments (June 15th and July 15th, 2011)

Name on Card: _____

Credit Card #: _____

Expiration Date: _____

Signature: _____

* Payments good toward summer sessions ONLY.