

Access Acceleration Sports Enhancement Training
Www.AccessAcceleration.Com

SUMMER '11

“Train For Your Game”

**ELITE MIDDLE SCHOOL
STRENGTH & CONDITIONING
JUNE 27TH THRU AUGUST 26TH, 2011**

ELITE MIDDLE SCHOOL PROGRAM

- **1.5 Hours** of Training, up to **5 days** per Week
- Monday Through Friday **10:30am-12:00pm**
OR Monday Through Thursday **4:00-5:30pm**
- All ELITE Classes Are Limited To **9 Athletes**
- Train For 3, 6, or 9 Weeks This Summer
- ELITE Programs Include Explosive Weight Training Exercises, Plyometrics, Dynamic and Static Flexibility, Heavy Band Resistance Running, Sidewinders, Vipers, Rocket Ropes For Overspeed, And More!!
- **Special Stimulus Package Available:** Pay With A Credit Card And You Can Make 2 Easy Payments!!
- Call For Family and Group Discounts!!!

SPEED AND AGILITY CAMP

- 1 Hour of Training
- 2 Days or 4 Days Per Week
- Monday Through Thursday
- Time: 5:00-6:00pm
- Train For Up To 9 Weeks This Summer

ONLY \$15 per session!
Call for more information!

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

"Train For Your Game"

**ELITE MIDDLE SCHOOL
STRENGTH & CONDITIONING
JUNE 27ST THRU AUGUST 26TH, 2011**

Name: _____ Date of Birth: _____

Address: _____

Email Address: _____

Phone: (Home) _____ (Cell) _____

Emergency Contact: _____ Phone: _____

DAYS: 10:30AM-12:00PM MON/TUE/WED/THU/FRI

4:00PM-5:30PM MON/TUE /WED/THUR

FEE OPTIONS: 3wks = \$180.00 6wks = \$360.00 9wks = \$540.00 OR \$20 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**

2011 PAYMENT PACKAGE: 2 Payment Option

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Karen Kay
Sports Performance Director

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E-mail:
KarenKay@accessacceleration.com
www.AccessAcceleration.com

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 for summer sessions ONLY.**