

# **Velocity Sports Performance**<sup>SM</sup>



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281.664.6450

<http://www.velocitysp.com/cyfair>

## **Working in Partnership with the Home School Program**

***Velocity Sports Performance has designed a program to meet the needs of Home School Families.***

Velocity Sports Performance is a world –class training facility with programs that focuses on the fundamentals every athlete needs to maximize his or her athletic potential.

Our training programs are designed to improve athletic performance in areas such as speed, stamina, balance, agility, and flexibility, as well as muscle and joint strength, and injury prevention.

Velocity will provide a physical education class that is one hour long; focusing on enhancing speed, strength, power, agility, core development, flexibility and balance. Participants can expect increased muscle tone, a higher vertical jump, better running form, reduced likelihood of injury, increased confidence and increased endurance.

At Velocity Sports Performance you'll train under world-class performance specialists who have coached college, professional, and Olympic level athletes. With our strict requirements and screening process, we insure that you'll receive the best coaching available.

### **Prices**

One child - \$90.00 / month

Two children - \$125.00 / month

Three children - \$150.00 / month

Four or more children - \$185.00 / month

**2009 Home School Training Schedule:** Monday & Wednesday

**Time:** 1:00pm-2:00pm

**Session 1:** August 31 - September 30

**Session 2:** October 5 - October 28

**Session 3:** November 2 - November 25

***\*Pro Rates are not available for missed training sessions\****