



MOSCOW MOUNTAIN SPORT & PHYSICAL THERAPY

2016 Summer Youth SPARQ Classes

STRENGTH | POWER | AGILITY | REACTION | QUICKNESS

JUNE 27-JULY 28

Grades 3-6 Monday and Wednesdays 10-11 a.m.

Grades 6-12 Tuesdays and Thursdays 10-11 a.m.

*No class on Monday July 4- make up class on Friday July 8

\$80 for all 10 sessions or \$10 per session

Led by Physical Therapists, this program includes age appropriate strength, conditioning and agility training to improve athletic performance and reduce risk of injuries.

- ▶ Weight training
- ▶ Plyometric training
- ▶ Core strengthening
- ▶ Reaction and agility training
- ▶ Running form instruction and speed training
- ▶ Conditioning



Instructors

Matt Godfrey: Matt is a Physical Therapist who is board certified in Sport Physical Therapy and is also certified in Strength and Conditioning through the NSCA. Matt has extensive experience and passion rehabilitating and training athletes of all levels.

Jessica Morrow: Physical Therapy Assistant and veteran fitness instructor, Jessica has taught group fitness, including youth programs for over eight years.

Kyle Iverson: Kyle is a UI Sport Science student completing his final internship with MMSPT this summer. He brings over seven years of experience working within the field of strength and conditioning. Kyle is a state champion and nationally qualified powerlifter and had a successful high school wrestling career attending state all four years with a sixth place finish his senior year. Kyle also was a four year cross country runner on a National Champion team.

Interested in something even more individualized? We can customize a program for you! We offer 1:1, 2:1, small group or even a whole team training. Call us for more information.

To register, visit www.moscowpt.com and click on Youth Sport Classes

Building safer, stronger, faster athletes

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