



# YOUTH

*for athletes ages 7-11*



## THE PROGRAM

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- Beginner Speed Mechanics
- Establish Core Strength
- Flexibility and Mobility
- Setting the Foundation for Strength Training Movements
- Development of Motor Skills and Movement Patterns
- Instilling a Healthy Lifestyle
- Developing Good Character

## THE DETAILS

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- Monday - Friday  
6pm - 7pm
- Saturday  
11:00am - Noon

Register at [orthopedicinstitutesf.com](http://orthopedicinstitutesf.com) or 605-271-7130  
5901 S. Southeastern Ave. Sioux Falls, SD 57108