



YOUTH

for athletes ages 7-11



THE PROGRAM

- 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

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

Register at orthopedicinstitutesf.com or 605-271-7130
5901 S. Southeastern Ave. Sioux Falls, SD 57108