

# UAC SPORTS PERFORMANCE FEATURES



## AGES 7-11: 60-MINUTE SESSIONS

These 60-minute sessions focus on developing foundational athletic skills while improving the young athlete's self-confidence. This program has been proven to enhance speed, agility, coordination, running technique, strength, flexibility and injury prevention. Young athletes will be challenged in a fun and friendly environment to ensure that they are engaged and motivated to give 100%.

## AGES 12-18: 90-MINUTE SESSIONS

These 90-minute sessions employ an innovative approach to training that has developed countless elite-level athletes from both the collegiate and professional ranks. Workouts build on a solid athletic foundation and are individually tailored to each athlete's goals. Each session has two components: a movement component that teaches athletes how to develop game-changing speed and agility, and a strength component that will make any athlete explosively powerful, functionally strong, and exceptionally conditioned while preventing against injury. Whereas many programs only improve performance in the gym, our advanced, research-backed methods of training deliver results that transfer to where it matters most – on the field.

## AGES 15-18: 90-MINUTE SESSIONS

Elite athletes aspiring toward collegiate, olympic or professional levels

# CLASS SCHEDULE

## MONDAY & WEDNESDAY

4:00-5:30pm      Ages 12-18  
5:30-6:30pm      Ages 7-11  
6:30-8:00pm      Ages 12-18

## TUESDAY & THURSDAY

3:30-5:00pm      Ages 12-18  
5:00-6:00pm      Ages 7-11  
6:00-7:30pm      Ages 12-18

## FRIDAY

4:00-5:30pm      Ages 12-18  
5:30-6:30pm      Ages 7-11

## SATURDAY

9:00-10:00am      Ages 7-11  
10:00-11:30am      Ages 12-18

updated 11/1/18



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