

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

11:00-12:30pm Ages 12-18
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

11:00-12:30pm Ages 12-18
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 6/1/19



2323 Oregon Pike · Lancaster · 717-569-5396
www.UniversalAthleticClub.com

