

SUMMER 2022

NORTH READING

ATHLETIC PERFORMANCE PROGRAM

WHERE: NRHS FACILITIES
WHEN: JUNE 27 - AUG 18TH
SCHEDULE: M - TH (4 DAYS/WK, 1.5 HR SESSIONS)
FOR: NORTH READING STUDENTS (6TH-12TH GRADE)
COST: \$399 PER PERSON (LESS THAN \$50 PER WEEK)



CLASSES OFFERED 8AM - 12PM EVERY 30 MINUTES BY AGE & SPORT. SCHEDULE WILL BE RELEASED APRIL 1ST.

OUR PROGRAMS AIM TO INCREASE ATHLETIC PERFORMANCE AND DECREASE INJURY RISK IN A FUN & SAFE ENVIRONMENT

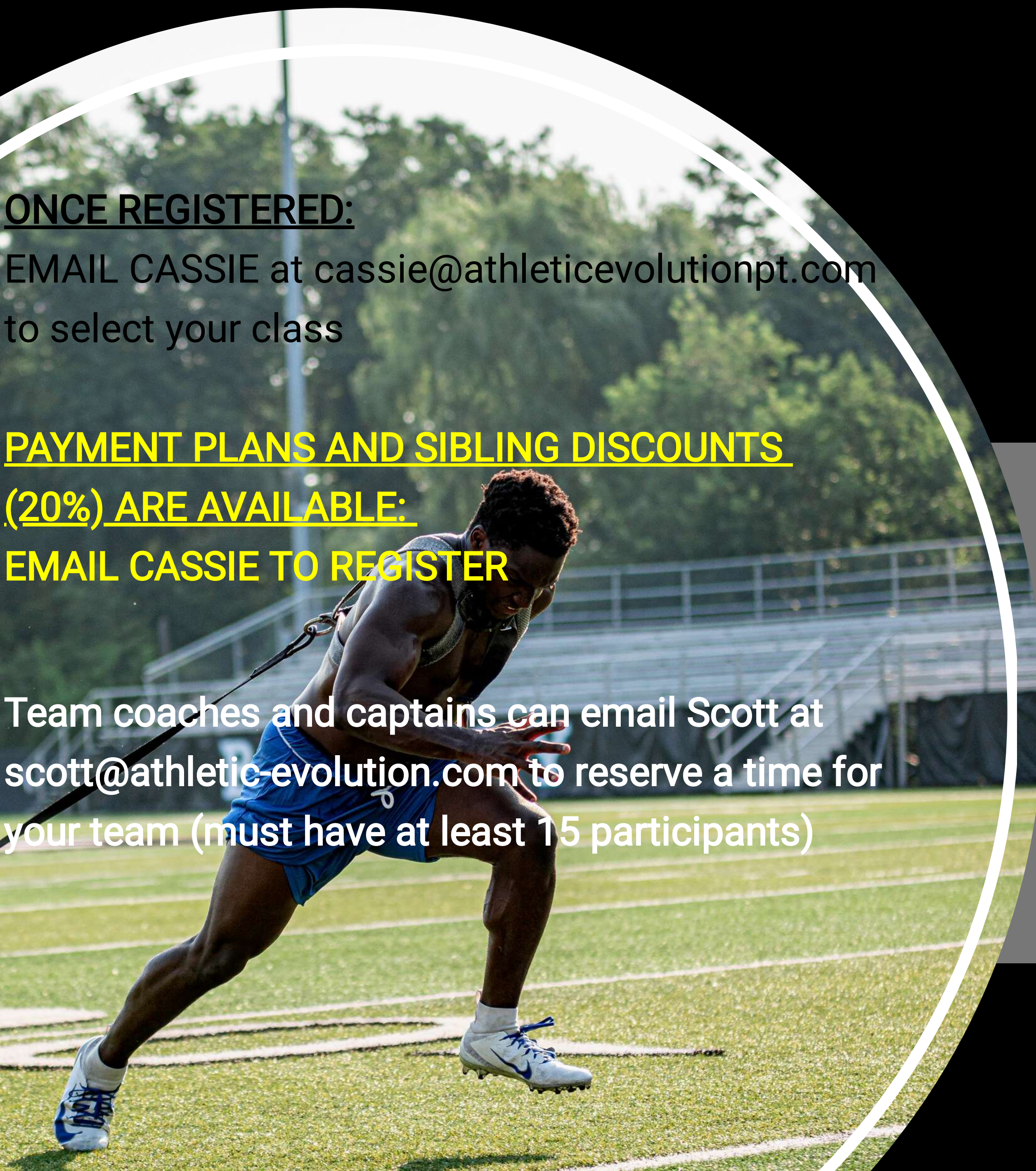
YOU WILL BE TRAINED BY THE SAME COACHES BENTLEY UNIVERSITY TRUST TO GET THEIR ATHLETES READY TO COMPETE!

TO REGISTER
CLICK THE JOIN BUTTON

JOIN

FOR MORE INFO

Scott@athletic-evolution.com
(781) 935 - 7701
www.athletic-evolution.com



ONCE REGISTERED:
EMAIL CASSIE at cassie@athleticevolutionpt.com to select your class

PAYMENT PLANS AND SIBLING DISCOUNTS (20%) ARE AVAILABLE:
EMAIL CASSIE TO REGISTER

Team coaches and captains can email Scott at scott@athletic-evolution.com to reserve a time for your team (must have at least 15 participants)

ATHLETIC EVOLUTION SPEED ACADEMY

OUR SPEED ACADEMY FOCUSES ON IMPROVING SPRINT TECHNIQUE ENDURANCE, STRENGTH AND POWER

COACHED IN SMALL GROUPS OF 4-6 PRIORITIZING ATTENTION TO DETAIL SO YOU CAN TAKE YOUR SPEED TO THE NEXT LEVEL!

GET A 20% DISCOUNT FOR SPEED ACADEMY IF YOU ADD IT TO YOUR SUMMER PROGRAM

PLEASE EMAIL OR CALL

Reggie Garrett
(781) 935 - 7701
Reggie@athletic-evolution.com