



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUMMER TRACK SPEED & AGILITY



GLOUCESTER COUNTY YMCA

Speed and Acceleration (week 4 or 7)

Specific drills and activities designed to promote and improve linear speed helping athletes get from point A to B more effectively.

Agility (week 5 or 8)

These drills will focus on ability to change the body's position efficiently and requires the integration of isolated movement skills using a combination of balance, coordination, speed, reflexes, strength and endurance.

Sprint Mechanics (week 6 or 9)

Here we break down the complex phases of sprinting to increase speed and acceleration by improving sprint form.

Registration Details

Class will meet Thursday's 4:30-5:30 during the given camp week.

- **Cost:**
 - Members—\$10/session
 - Non-members—\$20/session
- **Ages 5+**
- **Sign up for 5 sessions get 6th free!**

