

Athletic Development Program

@ProSwing of Port Chester

36 Midland Avenue, Port Chester, NY 10573

All Athletes / All Sports / All Levels
6 Weeks / 6 Sessions / Grades 5th - 8th
Starting January 2nd

Focusing on:



Injury Prevention



Increase **SPEED**



Increase **POWER**



Improvement in Movement Quality



Core Training and Balance



Better Joint Mobility and Flexibility.

Session 2

Times:

Mondays OR Wednesdays

4:00pm-5:00pm

Fee

\$200

For More Information

Contact Brian Robinson at brian.robinson@xltraining.net OR

Contact Brian Klepacki at brian@bktrainer.com

www.proswingbaseball.com