

POWER TOTZ

AT VIRTUS INSTITUTE

Focused on improving your child's performance in sports as well as general bio-mechanical functions, PowerTotz is designed to be a gradual increase in complexity of training to target both beginner, and already active young children. Each phase will increase strength, speed, agility, power, endurance, and flexibility. Our program is taught in a safe environment, constantly supervised by coaches interested in improving your child's athletic and physical performance.

The primary focus on movement and balance is what sets PowerTotz apart from other programs that focus on early childhood training. MANY children lack stimulation in these important areas which can lead to delayed development. Structuring the program around games and play keeps the activities fun and exciting for everyone involved.

AGES 2 & 3
12 Sessions

Tuesdays 5:30pm to 6:00pm
Sept. 12th – Nov. 28th

AGES 4 TO 7
12 Sessions

Mondays 5:30pm to 6:15pm
Sept. 11th – Nov. 27th

Participant Name: _____ Birthday: ___/___/___ Age: _____

Address: _____ City/Zip: _____

Parent Name: _____ Phone Number: _____

Emergency Contact: _____ Phone Number: _____

Past Medical History: _____

Cost: Age 2 & 3 Non-Member - \$100 Virtus Member - \$90
 Age 4 to 7 Non-Member - \$110 Virtus Member - \$100

*cash or check accepted. checks made payable to Virtus Institute

*Mail registration form, waiver and payment to:

Virtus Institute
Attn: PowerTotz
643 North Main Street
Greensburg, PA 15601

WWW.VIRTUS-INSTITUTE.COM