

POWER KIDZ

AT VIRTUS INSTITUTE

There are specific windows of time when children benefit greatly from exercise. We feel that too many children are being specialized too early, and are missing these great development opportunities.

The coaches at Virtus Institute created PowerKidz to combat the early specialization trend. We are focused on improving your child's performance in sport as well as general health and fitness. PowerKidz is designed to be a gradual increase in complexity of training to target both beginner, and already active children. Each phase will target 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.

10 Week Session Mar. 19th – May 26th

For more information please contact Nicole Cribbs (724) 493-5114 or Nicole@virtus-institute.com

Parents must be present to sign the participation waiver on the opening night of PowerKidz.
Please make checks payable to Virtus Institute

Child's Name: _____ Age: _____ Birthday: _____

Address: _____

Phone: _____ Parents Name: _____

Email: _____

Select the session that best fits your schedule. First time participants must complete Phase I

	PM	2 Day \$180	3 Day \$250	Drop In \$10
8 - 12 Phase I } _____	M W 6 - 7	_____	_____	
8 - 12 Phase II } _____				
13 - 15 Phase I } _____	M W 7 - 8	_____	_____	
13 - 15 Phase II } _____				
<u>SATURDAY SESSIONS</u>				
8 - 12 Phase I & II	9a - 10a	_____	_____	
13 - 15 Phase I & II	10a - 11a	_____	_____	

Mail or Deliver to Virtus Institute 643 North Main Street, Greensburg, Pa 15601