

# POWER KIDZ

AT VIRTUS INSTITUTE

Focused on improving your child's performance in sports as well as general bio-mechanical functions, Power Kidz is designed to be a gradual increase in complexity of training to target both beginner, and already active athletes. 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.

## 10 Week Session

Jan. 8th – Mar. 17th

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

	<b>PM</b>	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 } —		_____	_____	
<b><u>SATURDAY SESSIONS</u></b>				
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