

# WANAQUE ALL SPORTS WINTER SPEED TRAINING

**Register  
Now!**

**January 9-March 18**

**Mondays**

**Grades 1-4: 6pm-7pm**

**Grades 5-8: 7pm-8pm**

**Saturdays**

**Grades 1-4: 10am-11am**

**Grades 5-8: 11am-12pm**

**9 sessions-1x per week: \$179**

**18 sessions-2x per week: \$329**

**Location: PS2 Athletics**

**321 Hamburg Turnpike, Wayne, NJ 07470**

## **To REGISTER:**

**(Please Read All Instruction)**

**1. Go to: [www.tinyurl.com/wanaquesce](http://www.tinyurl.com/wanaquesce)**

**2. Create Account**

**(Use Child's Name for account)**

**3. Follow Prompts**

## **Program Includes:**

- Speed Skill Training Program
- Mechanical Running
- Speed, Agility Training
- Power & Jump Training
- Age Appropriate Strength Training

## **Performance Improvements in:**

- Acceleration & Top Speed
- Agility & Foot Speed
- Vertical Jump
- Total Body Strength & Power
- Conditioning

**For More Information Contact Brandon Wood, Owner of Elevate Team Training  
at 201-704-0181 or [bwood@elevateyourteamusa.com](mailto:bwood@elevateyourteamusa.com)**