

Blackstone Valley Physical Therapy Services, Inc.



Youth Small Group Strength & Conditioning

Youth Strength & Conditioning Class Description

We will be assessing each athlete's sport, position, and injury history. Programs will be developed to improve age appropriate strength, speed, agility, and conditioning while reducing the risk of injury. With experience training numerous collegiate and professional athletes, the staff at BVPTS uses the latest methods to help athletes reach their goals and compete at the highest level.

Our Training Approach

With an individualized approach to training programs, our staff develops each program based on the client's specific goals and sport. By assessing anatomical imbalances and deficiencies, our programs drive results and improvements while minimizing the risk of injury. We use a sport specific approach to address the areas of strength, power, speed, agility, and conditioning, so athletes can see the results of their training through their own performance.

Tracking & Recording Progress

Baseline assessments and tests, including weight, body composition, functional movement screening, and agility drills are conducted at the start of training to develop a unique and specific protocol. These initial results are recorded, tracked, and re-assessed to ensure improvement. Results will be shared and presented to parents on a regular basis.

Class Instructor

Andrew Lizotte B.S. CSCS - With extensive experience working with many professional athletes, from the NFL, NHL, and MLB, Andrew joined the BVPTS staff in August of 2017. Graduating from, and playing collegiate football, for Fitchburg State University with a B.S. in Exercise & Sport Science, Andrew uses a unique, individualized approach to training for all demographics to increase overall physical/athletic performance while reducing the risk of injury.

Cost

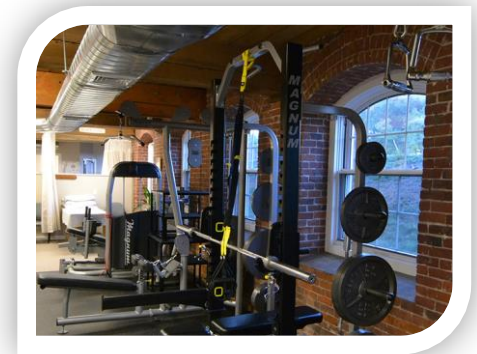
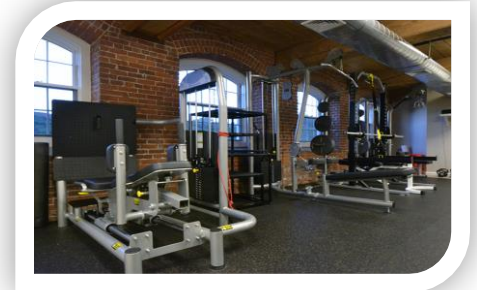
Block pricing can be found below. Payment will be due at the time of the class and can be made at our office, or by calling (508) 234 7544.

Class Info & Schedule

Mon, Wed, & Fri (3pm – 4pm) (4pm-5pm) (5-6pm)

Class Size – **6-8 person max**

Class Schedule – **8 week block / Starting 9/11/17**



Purchase Options	8 Weeks	16 Weeks	<i>Payments can be made on site or over the phone</i>
1x per week	\$100 (8 classes)	\$195 (16 classes)	
2x per week	\$180 (16 classes)	\$350 (32 classes)	
3x per week	\$245 (24 classes)	\$460 (48 classes)	

** Lock in your 16 week block now to guarantee your preferred time at under \$10 per class!*



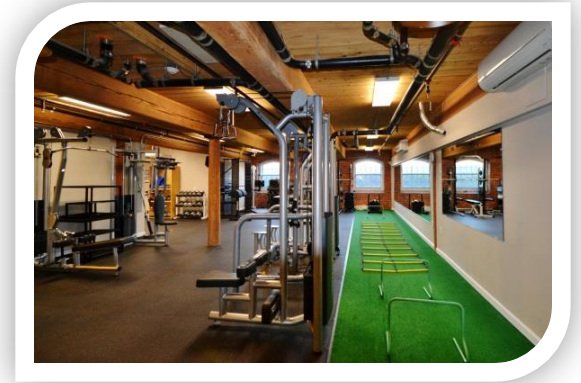
Blackstone Valley Physical Therapy Services, Inc.

Child Name: _____ Parent Name: _____

Parent Phone: _____ Email: _____

Program Dates – 9/18 thru 11/10 (8 Week Block Program)

Pick 3x/week	3pm	4pm	5pm
Monday			
Wednesday			
Friday			



Pick 2x/week	3pm	4pm	5pm
Monday			
Wednesday			
Friday			

Pick 1x/week	3pm	4pm	5pm
Monday			
Wednesday			
Friday			



** Make up classes will be accommodated when there is space available - Make up classes must be completed within 2 weeks of missed session **

