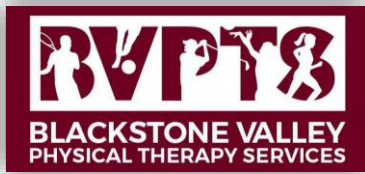


Blackstone Valley Physical Therapy Services, Inc.



Youth Small Group Strength & Conditioning

Youth Strength & Conditioning Class Description

We will be looking to improve the participants movement quality. By improving the kids/teens movement quality it will help reduce risk of injury and improve athletic performance. It is also our goal that they will develop a level of comfort in the gym setting and familiarity with various types of lifts and equipment to ensure safety and lifelong fitness habits.

Our Training Approach

With a semi-private approach to training, our staff develops each individual program based on the client's specific goals and sport then implements the program in a group setting. By assessing muscular and movement imbalances and deficiencies, our programs drive results and improvements while minimizing the risk of injury. We use a functional movement 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 upper body power, lower body power and lateral agility. 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

Dr. Matthew Stvf, PT, DPT, CSCS has been running the youth training groups at BVPTS since 2017 with a focus on improving the athlete's movement quality while addressing strength and power required for sports. He received his B.A. degree in Exercise Science from Calvin University in Grand Rapids, MI and his Doctorate in Physical Therapy from MCPHS University. He has been a Certified Strength and Conditioning Specialist since 2012 and enjoys training youth athletes as well as the general population.

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

Time: Wednesday and Friday 3-4pm

Class Size – **4-6 person max**

Class Schedule – **8 week block || Starting on 11/6/19**



Purchase Options	8 Weeks	16 Weeks	<i>Payments can be made on site or over the phone</i>
1x per week	\$130 (8 classes)	\$210 (16 classes)	
2x per week	\$180 (16 classes)	\$335 (32 classes)	