

FAST

2024 PROGRAMS

INSTRUCTOR: DEREK MCKINLEY

FAST SPEED & AGILITY

Dates: January 24th- February 28th

Wednesday's, 5:30 PM—6:30 PM

Ages (8-11)

*Track Basics and Fundamentals.
Building strength and endurance for running.*

FAST TRACK 101

**Session 1 Dates: January 23rd– February 29th
Tuesday's, 5:30 PM - 6:30 PM (Ages 12-14)**

**Session 2 Dates: January 25th—February 29th
Thursday's, 5:30 PM—6:30 PM (Ages 12-14)**

*Focuses on Speed Development, Sprint
Mechanics, Hurdling Technique, Starting Block
Technique and Baton Exchanges.*

FAST TRACK ELITE

**Session 1 Dates: January 23rd - February 27th
Tuesday's, 6:30 PM—7:30 PM (Ages 15+)**

**Session 2 Dates: January 25th - February 29th
Thursday's, 6:30 PM—7:30 PM (Ages 15+)**

*Advanced drills for speed, elite level strength drills for acceleration, advanced sprint
mechanics, elite level training for all sprint events.*

PROGRAM RATES: Members: \$130 Residents: \$150 Non-Residents: \$180

These rates apply to each program individually. These rates DO NOT apply to all 3 programs as a bundle.

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or In-person at the Fitness Center**

Twinsburg
Fitness Center *Ohio*