



# Small Group Youth Training

Specific skills for general fitness, baseball/softball, basketball, soccer, volleyball



Small group youth training is designed for youth ages 11 and older in groups of 3-5 participants. The groups will be instructed by a Certified Personal Trainer, keeping youth motivated and safe. The workout will focus on the skills that your group has chosen on the enrollment form. The workouts will be designed to teach proper technique and etiquette, playing an intricate part of each youth's health and active lifestyle.

## How do I get started:

**Step 1:** Choose your group, minimum of 3 and maximum of 5 participants

**Step 2:** Complete and submit the Small Group Youth Training form on our website

[haysmed.com/small-group-youth-training](https://haysmed.com/small-group-youth-training)

(submit 1 form per group)

**Step 3:** Your group chooses 2 days/week and a one hour time slot for their workout

**Step 4:** The Center assigns you a trainer who will contact each participant in the group to schedule a start date

**Step 5:** Enrollment requires additional paperwork with parent on first visit

*Sessions will be held indoors or outdoors.  
Bring a water bottle.*

## Fees:

\$90 per person for 8 sessions

\$165 per person for 16 sessions

Call 785-623-5900 for more information.

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## The Center for Health Improvement Small Group Youth Training

Youth Name	Age	Parent/Guardian Name	Phone Number	Email Address
		*		

\*Main contact

**Which days of the week would you like to train?** Please check all that apply:

**DAY 1:**

\_\_\_\_ Monday \_\_\_\_ Tuesday \_\_\_\_ Wednesday \_\_\_\_ Thursday \_\_\_\_ Friday

Time available on Day 1 (1 hour increments) \_\_\_\_\_

**DAY 2:**

\_\_\_\_ Monday \_\_\_\_ Tuesday \_\_\_\_ Wednesday \_\_\_\_ Thursday \_\_\_\_ Friday

Time available on Day 2 (1 hour increments) \_\_\_\_\_

**Is there a specific reason you decided to participate in Small Group Youth Training?** Please check all that apply:

- |                   |                            |
|-------------------|----------------------------|
| ____ Agility      | ____ Power                 |
| ____ Balance      | ____ Speed                 |
| ____ Coordination | ____ Strength              |
| ____ Core         | ____ Specific sport: _____ |
| ____ Endurance    | ____ Other: _____          |