

MATTESON YOUTH BASKETBALL **PRE-SEASON** STRENGTH, CORE & CONDITIONING **WORKSHOP**



Powered by Kalmese Fitness

Objective of this program is to prepare athletes for our upcoming youth basketball season by building and maintaining strength, power, agility, and flexibility, all in which help prevent injury while helping athletes perform at top levels without developing bad habits.

> REGISTER TODAY!

4YRS - 2ND GRADE . 4 WEEKS
MONDAYS: NOV. 12, 26, Dec 10 & 17
7:00 PM - 7:40 PM

3RD - 8TH GRADE . 4 WEEKS
MONDAYS: NOV. 12, 26, Dec 10 & 17
7:45 PM - 8:30 PM

\$35/4 Weeks or \$10/per week

Instructor: Kris Calmese

Register: @ The Matteson Community Center