



Do You XL?

Welcome to XL™ Athletic Performance
www.XLPlayLarge.com

Athletic Performance

[XL for Kids]

Join XL Athletic Performance for an 8-week session and reach your full potential.

Program Focuses: A comprehensive training program geared towards 7-11 year olds. Throughout the 8-week session our certified performance specialists will help your child to enhance their flexibility through dynamic warm up and static stretching techniques, improve their balance and coordination, core stability and overall functional strength. We will also be teaching your child fundamentals for speed, agility, footwork, and not to mention games to challenge them and bring out their competitive side. The small group setting helps to promote a highly energetic and enthusiastic atmosphere in our state of the art training facility. If you are looking to improve your child's skills, strength, and coordination, "XL for Kids" is the place for your child!

Starting Sept 10, 2010

Registration Deadline: September 1

Day	Time	Program	Cost
Friday	5:00 - 5:45 pm	8 weeks 1 x per week	\$70



Reserve your spot today! Call (920) 430-4722 or send us your reservation!

Athlete's Name _____

Home Phone _____

XL for Kids

**Participation waiver and payment must be completed prior to program start date.*

Check Enclosed (*Please make check payable to Bellin Health*)

XL Athletic Performance
1630 Commanche Avenue
Green Bay, WI 54313

bellinhealth