



CHILDREN'S HOSPITAL
& RESEARCH CENTER OAKLAND



LOCATIONS IN OAKLAND • WALNUT CREEK • MODESTO

Sports Medicine Center for Young Athletes

744 52nd St., Oakland, CA 94609 • **510-428-3558** • www.childrenshospitaloakland.org

Sports Performance and Injury Prevention Program “Circuit Series”

Supercharge Your Sports Performance & Eliminate Fitness “Weak Spots”

What is a Circuit Series?

- A specialized youth strength and flexibility program
- A station based training that targets the whole body, emphasizing the core
- Two sessions available per week on a drop-in basis

When is it:

Starts February 2, 2010

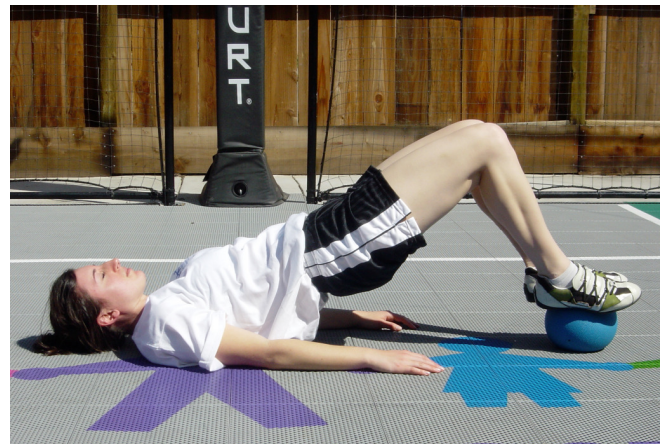
Tuesday and Thursday, 7 PM-8 PM

What it costs:

\$149.00 per Ten Session Card

Reserve your spot quickly, as there are a limited amount of spaces.

RSVP: Sports Medicine Center, 510-428-3558, option 3



Our sports performance program empowers the young athlete to:

- Increase core stability
- Improve balance
- Become a smarter, more confident athlete
- Learn good training habits
- Develop the discipline and knowledge to train independently

We emphasize:

- Sports-specific body mechanics
- Body control
- Multidirectional movements
- Developing movement efficiency and quickness

More details about our Sports Medicine Center for Young Athletes can be found at www.childrenshospitaloakland.org or call the Sports Medicine Center at **510-428-3558**