

# MOUNT SINAI YOUTH LACROSSE NEXT SEASON IS HERE!

## ARE YOU READY!

Become an explosive ATHLETE. Increase your vertical jump, broad jump and forty-yard dash. Learn to change direction like the pros. Improve your defensive skills by perfecting your shuffle and cross-over run.



### GIVE YOURSELF THE COMPETITIVE EDGE



**SPEED  
FLEXIBILITY  
AGILITY  
POWER  
STRENGTH**



#### Intense Training Specials

Team Discounts • Team Training • Pre-Testing •  
Post-Testing • Individual Training • Women Only Fitness  
**Guaranteed Improvements**

#### Training Hours

<b>Tues/Thurs</b>	<b>Sat/Sun</b>
6:30pm-7:30	9am-10am
7:30pm-8:30	10am-11am

**CALL TODAY**  
**631.521.4666**

#### Individual Rates

Monthly \$100/athlete  
(\$75 2nd child)

#### Team Discounts

10-19 athletes	10% off
20 athletes	15% off

Located in the old Rocky Point Bowl in the Kohl's Shopping Center  
Route 25A, Rocky Point, New York