

ESP Summer Pricing

June 11 - September 2

Single A (8-10 yr olds) Please see 3 and 6 month pricing options

Double A (11-14 yr olds)

Triple A (15-18 yr olds)

	<u>PAC member</u>	<u>Nonmember</u>	<u>PAC member</u>	<u>Nonmember</u>
2x/week	\$300	\$360	\$350	\$400
3x/week	\$380	\$450	\$430	\$500
4x/week	\$450	\$540	\$450	\$540
5x/week	\$465	\$555	\$465	\$555

ESP will offer 3 different class styles in the summer of 2018: Athletes are encouraged to mix & match class styles throughout the summer. At least 2 strength days are suggested, but not required.

ESP Strength ages 8+ Athletes will receive a customized training program to be done during the schedule Strength times with trainer guidance.

ESP SAQ ages 11+ Athletes will be led in a group based speed, agility, and quickness program. Tuesdays will cover linear speed, Thursdays will cover lateral speed, and Fridays will cover change of direction.

ESP Beach Day ages 11+ Sand and water training will not only improve speed and strength, but provide a low impact option for those with a heavy workload during the summer.

For more information, contact [Elite Sports Performance](#)

