

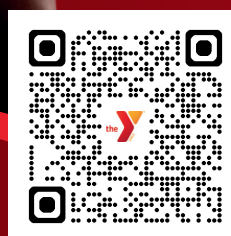


FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MAXIMIZE YOUR POTENTIAL

Parisi Speed School at the Y  
June 3 – August 14, 2025

Scan the  
QR Code  
to register.



## JUMP START (AGES 7-11)

Jump Start utilizes the most up-to-date research to build an athlete's foundation to improve coordination and self-confidence. The Jump Start program is a must for any child who wants to develop an athletic foundation of skills that will help them get faster and stronger to rise above the competition.

Tuesdays 5-6 p.m. | Coach AI  
Thursdays 6-7 p.m. | Coach AI

## TOTAL PERFORMANCE STRENGTH (AGES 11-14)

Total Performance Strength provides an introduction of strength training concepts with an emphasis on proper form, movement patterns, bodyweight resistance training, progressive programming and injury prevention. This program develops the foundation for an athlete's relative strength, while teaching optimal body mechanics in a safe, fun environment.

Wednesdays 4:30-5:30 p.m. | Coach Charles

## TOTAL PERFORMANCE (AGES 11-14)

Total Performance utilizes the most up-to-date research on safe athlete training techniques and injury prevention as its foundation. This program uses our signature speed and strength training methods and cutting edge coaching techniques from certified Parisi Performance Coaches to produce maximum improvements in athletic performance. At this level, programming is broken down into an individual focus per session: linear speed, acceleration and deceleration, change of direction and strength. This program builds on an athlete's physical foundation and refines their skills in order for them to maximize their strength, aerobic and/or sport-specific training.

Tuesdays 6-7 p.m. | Coach AI  
Wednesdays 5:30-6:30 p.m. | Coach Charles  
Thursdays 5-6 p.m. | Coach AI

## ELITE PERFORMANCE (AGES 14-18)

Elite Performance is designed for high school athletes playing at a varsity/high level with a solid athletic foundation. It focuses on speed and strength training methods, tailored to an athlete's sport and position. Elite athletes can expect a more comprehensive training prescription, with coaches designing programs to address areas of need.

Currently available in private, partner and small group

## PUNCH CARDS AVAILABLE!

Now, you can enjoy the flexibility of attending classes at your convenience. Purchase your 10-pack of punch cards today and take your training to the next level! \$250 members, \$300 non-members  
Drop-In Fees: \$30 members, \$35 non-members

\*Online class reservation is required at least 24 hours in advance to ensure that classes will run. Class schedule is subject to change. Classes with consistently low registration are subject to cancellation.



## B.R. Ryall YMCA

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