

SMALL GROUP TRAINING

Fall-Winter 25-26

What is Small Group Training?

Small group training is set up more like personal training. A set group hire a set trainer at set times and dates.

Workouts will include:

- Dynamic warm-up and hip mobility for injury prevention and movement efficiency
- Agility and power for increased speed and quicker change of direction
- Strength training to gain acceleration and better balance
- Cardio to improve the ability to give more and be energized throughout the whole game
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Trainer Contact Information:

Andrew Visto: Avisto.choicehf@gmail.com Phone: 701-210-1468

Training Groups	Days Times	Trainer
Wahoo's Group 1 9-10 year olds	30 minutes 2x per week (4 weeks) Tuesday & Thursday 4:00pm @ Icon	\$84.00
Wahoo's Group 2 11+	30 minutes 2x per week (4week session) Tuesday & Thursday 4:30pm @ Icon	\$84.00

October 23 (last day)- **COSTUME DAY**

CHOICE PERFORMANCE ENHANCEMENT | **Wahoo Dryland TRAINING**

Name: _____

Date of Birth: ____ / ____ / ____ Gender: M F

Parent Name(s): _____

Email: _____

Address: _____

City/State/Zip: _____

Parent Phone: (_____) - _____ - _____

Alternate Phone # (work, mobile, etc.) (_____) - _____ - _____

I hereby acknowledge the health of my child, listed above, to be ready for vigorous activity and authorize the directors to secure any emergency treatment deemed necessary, and that I hereby release the Grand Forks Park District, Choice Health & Fitness and all employees, executors, and heirs from all claims for injuries, which may be sustained by my child while attending this program. I also understand that any medical bills incurred by my child due to injuries will be my responsibility or the responsibility of my family health insurance plan.

Parent/Guardian Signature: _____ Date: _____ (Must sign before child can participate in program)

Trainer will fill in the group, day, time, and location your son/daughter would like to participate in

Group Days & Times : September 30– October 23 Locations: Icon Cost: \$84.00

For office use only: Ring up under "Athletic Development"