



PDHP Girls
**SKATERS
PERFORMANCE
TRAINING**

Why HPI

This program optimizes growth of the athletes in preparation for their upcoming season.

Drills and training focused on speed, agility, injury prevention, and strength training that will enhance performance.

5 weeks, 18 sessions

Dates: August 22nd - October 20th

Time: Tuesdays & Thursdays 5:30-6:30PM

Package #1: 9 sessions ~~\$399~~ \$299

Package #2: 18 sessions ~~\$499~~ \$399

BENEFITS INCLUDE

- ✓ **Improve Strength**
- ✓ **Increase Power**
- ✓ **Improve Balance**
- ✓ **Injury Prevention**
- ✓ **Increase Flexibility**

Register now by contacting Mike Gaynor at mgaynor@ibji.com



1919 Skokie Valley Rd
Highland Park, IL 60035



(847) 606-9723



mgaynor@ibji.com
www.hpi-ibji.com