



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# A.M.P. Training

## Athletic Movement and Performance

A.M.P Training is a dynamic athletic strength and conditioning program designed to improve body balance and symmetry, leading to increased speed and first step quickness, vertical leap and quicker more powerful multi-directional movements. A nationally certified instructor will train up to 8 individuals twice a week for 4 weeks.



Ages: 10-18

Times: 5:30-6:30pm

Days: Tuesdays and Thursdays

Start Date: August 9th

Cost \$125 per month

\$135 per month includes t-shirt

Where: Cooper Street YMCA

7120 S. Cooper St.

Arlington, TX 76001

[www.ymca-arlington.org](http://www.ymca-arlington.org)

Contact: Colleen Overton

Healthy Lifestyles Director

817-419-9629 ext 207

### A.M.P. Training Improves

- Speed
- Agility
- Faster First Step
- Power Movements
- Functional Strength
- Vertical Leaping Ability
- Core Body Balance

**Mission Statement: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.**