



**Pi**

Become a better athlete with our

**SUMMER**

JUN 28<sup>TH</sup> - SEPT 5<sup>TH</sup>  
4 AND 6 WK PROGRAMS

**YOUTH  
ADP**

INFO@PITRAINING.CA

**FLEXIBLE SCHEDULING**

Our Summer Youth Strength and Conditioning Program is **BACK** and better than ever!

Designed exclusively for energetic and determined youth aged 8-18, this program is your gateway to unlocking your full potential on and off the field.

**ATHLETIC DEVELOPMENT PROGRAM**

☀️ **Get ready to move faster, jump higher, and build real strength—while having a blast!** Our expert coaches have designed a fun and challenging program just for young athletes. We cover it all: sprint technique, agility drills, plyometrics, and strength training to help athletes develop confidence, coordination, and athletic power.

☀️ **Super flexible scheduling and program options to fit everyone's vacation plans.**

☀️ **2, 3 and 4 day/wk options**

Secure your spot in our Summer Youth ADP today. Call us at 604-291-9941, email us at [info@pittraining.ca](mailto:info@pittraining.ca) or [book your ADP assessment here.](#)

# ADP Assessment

Unlock Your Potential

- ✓ **1-hr Personal Session to assess goals, needs and ability**
- ✓ *Required for ADP program*
- ✓ Find out how you compare to athlete norms in speed, agility, power, conditioning and flexibility
- ✓ Learn what's holding you back and how to overcome barriers safely and most efficiently
- ✓ Free PI shirt
- ✓ Free Shaker Cup

Included with  
any program  
(\$122 value)

## 6 WEEK 2 x's/wk ADP

- ✓ **Choose any 6 wks over the summer**
- ✓ Strength, agility, running mechanics, speed, power, flexibility
- ✓ Want to add extra weeks? No problem
- ✓ Let us know if you have a group of 4-5 athletes that want to come together

\$480+tax



## 6 WEEK 3 x's/wk ADP

- ✓ **Choose any 6 wks over the summer**
- ✓ Strength, agility, running mechanics, speed, power, flexibility
- ✓ Want to add extra weeks? No problem
- ✓ Let us know if you have a group of 4-5 athletes that want to come together

\$564+tax



## 6 WEEK 4 x's/wk ADP

- ✓ **Choose any 6 wks over the summer**
- ✓ Strength, agility, running mechanics, speed, power, flexibility
- ✓ Want to add extra weeks? No problem
- ✓ Let us know if you have a group of 4-5 athletes that want to come together

\$660+tax



# ADP Assessment

Unlock Your Potential

- ✓ **1-hr Personal Session to assess goals, needs and ability**
- ✓ *Required for ADP program*
- ✓ Find out how you compare to athlete norms in speed, agility, power, conditioning and flexibility
- ✓ Learn what's holding you back and how to overcome barriers safely and most efficiently
- ✓ Free PI shirt
- ✓ Free Shaker Cup

Included with  
any program  
(\$122 value)

## 4 WEEK 2 x's/wk ADP

- ✓ **Choose any 4 wks over the summer**
- ✓ Strength, agility, running mechanics, speed, power, flexibility
- ✓ Want to add extra weeks? No problem
- ✓ Let us know if you have a group of 4-5 athletes that want to come together

\$356+tax



## 4 WEEK 3 x's/wk ADP

- ✓ **Choose any 4 wks over the summer**
- ✓ Strength, agility, running mechanics, speed, power, flexibility
- ✓ Want to add extra weeks? No problem
- ✓ Let us know if you have a group of 4-5 athletes that want to come together

\$420+tax



## 4 WEEK 4 x's/wk ADP

- ✓ **Choose any 4 wks over the summer**
- ✓ Strength, agility, running mechanics, speed, power, flexibility
- ✓ Want to add extra weeks? No problem
- ✓ Let us know if you have a group of 4-5 athletes that want to come together

\$492+tax

