SXS is pleased to present the latest FALL Youth Performance Program – training for Performance Excellence by developing winning fitness habits that deliver measurable results. *Excellence in Fitness that translates into Excellence in competition and LIFE!*

DETAILS

DURATION: Up to 15 Weeks
DATES: Sep 8 – Dec 19, 2026

The Full weekly program includes:

- Full body FUNCTIONAL Strength Training
- Plyometrics, agility, speed, coordination and movement mechanics
- Fundamentals of Olympic lifting and explosive power
- Stretching, foam rolling and other mobility principals
- Interval/ energy systems training

In a typical training session, we blend a number of training principals so that athletes can be exposed to a wider variety of training in each session which is more beneficial to their overall development. There will still be a main focus in each session, but there will not be any overlap from day-to-day.

SCHEDULE

Typical weekly schedule including where and when each session will take place.

	MON	TUE	WED	THU	FRI	SAT	SUN
11:15 AM	-	-	-	-	-	*ALL Ages*	-
4:15 PM	*U16/ U19*	*U16/ U19*	*U16/ U19*	*U16/ U19*	-	-	-
5:15 PM	*U12/ U14*	*U12/ U14*	*U12/ U14*	*U12/ U14*	-	-	-

** If there is a scheduling conflict, athletes can participate with a different age group upon special request.*
*** 'All Ages' means anyone from U12 to U19 can participate. The program will have less complicated moves on those days and we will scale to training and intensity to meet everyone's needs and skill level*

PACKAGES OFFERED

1) FULL Fall PROGRAM Packages

These packages offer the BEST value. They include access to any weekly training sessions during the entire 16 weeks of FALL Program.

SESSIONS	PRICE	COST/SESSION
1x /week	$365	$22.81
2x /week	$650	$20.32
3x /week	$800	$16.66
UNLIMITED	$900	$11.25

** Prices do NOT include HST.*

2) Monthly FALL PROGRAM Packages

These packages are for month-to-month options. They begin the first day the athlete attends a session and end one month afterwards. They include access to any weekly training sessions during the month of the FALL Program.

SESSIONS	PRICE	COST/SESSION
1x /week	$100/ month	$25.00
2x /week	$180/ month	$22.00
3x /week	$230/ month	$18.00
UNLIMITED	$275/ month	$13.00

** Prices do NOT include HST.*

3) Drop-in

Rate: **$35** *+HST* per session (billed monthly, payable at end of each month)

PAYMENT OPTIONS

1. **Cash** or **Cheque** made out to SXS FITNESS INC.
2. **eTransfer** sent to *stefan@sxsfitness.ca*
3. **Payment Terminal** - Visa, Mastercard, AMEX, Debit
4. **Online Payment** - Visa, Mastercard, AMEX

ONLINE PAYMENT ➜

*** *Please note that the prices do **NOT Include HST**.*