



SKILL & STRENGTH FOR GIRLS



Sat. January 18th–March 28th | 1–2:30pm | No class Feb. 15th

Free sample class: Jan. 18th | Cost: \$105 (Early bird: \$95)

4371 Interurban Rd, PISE Movement Studio

Designed for girls aged 9-15 of any skill level, this program focuses on Dynamic Movement Preparation, Fundamental Movement Skill (FMS) development, injury prevention, and introductory strength and conditioning movements and principles. Sessions are coached by PISE Physical Literacy Leaders and Strength & Conditioning Coaches in the training facilities at the Pacific Institute for Excellence. This is a great program for athletes looking to improve and for beginners looking to gain movement skills and fitness.

For registration, call the front desk at **250.220.2510** or visit
pise.ca/youth-general-programs