



## Game Ready Football Fit @ Gilmore Gym

Monday 6:00-7:00pm Ages 6-12yrs

Sept 18-Dec.11 (10 sessions) \$75

**FREE trial session Monday, September 11**

A focus on football training to increase speed and agility. Also working the fundamentals of throwing and catching that have a multi-sport application. Each session will include the challenging aspects of the great game of football. We will be scheduling games and competitions to bring out the best performance in everyone. All sports, boys and girls welcome. For more information and to register visit **Gamereadyfitness.com**

*(Subsidies available. Contact Coach Dino or the Community Office)*

*No sessions Oct 9 & Nov. 13*

*Coaches: Dino Geremia, Casey Chin, Anthony Belmonte*

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## Game Ready Basketball Fit @ Gilmore Gym

Thursdays 6:00-7:00pm Ages 6-12yrs

Sept 21-Dec.7 (12 sessions) \$89

**FREE trial session Thursday, September 14**

A focus on basketball to increase speed and agility. Also working the fundamentals of movement & ball handling, dribbling that have a multi-sport application. Each session will include the game and scrimmage play. We will be scheduling games and competitions to bring out the best performance in everyone. All sports, boys and girls welcome. For more information and to register visit **Gamereadyfitness.com**

*(Subsidies available. Contact Coach Dino or the Community Office)*

*Coaches: Dino Geremia, Ivan Lekic, Anthony Belmonte*