



## Game Ready Football Fit @ Gilmore Gym

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

**Jan. 8—Mar. 12 (9 sessions) \$79** (no session Feb 12)

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**

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



## Game Ready Volleyball Fit @ Gilmore Gym

**Monday 7:15-8:15pm Ages 6-12yrs**

**Jan. 8—Mar. 12 (9 sessions) \$79** (no session Feb 12)

Volleyball training to increase speed and agility. Also working the fundamentals and skills 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**



## Game Ready Basketball Fit @ Gilmore Gym

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

**Jan. 11—Mar. 15 (10 sessions) \$89**

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: Ivan Lekic, Anthony Belmonte*