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| |  | | --- | | **Please scan and email completed forms directly to Paul @** [**pauldailly7@gmail.com**](mailto:pauldailly7@gmail.com) **or drop off at Brooksbank office by the end of the school day Monday, April 3rd** | | **speed, agility, quickness (Strength and flexibilitY) APRIL 5th – June 7TH**  10 Weeks –wednesday afternoons @ Brooksbank Elementary Gym or field $175 per person (Open to Grades 2 – 7)  Session 1 – 2:15-3:15pm  **An S.A.Q. (Speed, Agility and Quickness) circuit is an exciting and challenging progression for everyone.**  **Speed -** improve your running and movement**. Agility –** improve your ability to change direction without compromising balance, co-ordination or technique**. Quickness –** improve your reaction time and the initiation of movement.  Please visit our website at www.daillyfitness.ca | |  | |  | |  | |  | | --- | | Ever thought your son or daughter could use some help with their running style?Improve your son or daughter’s physical literacyImprove all-around performance and fitness in sports and non-sports persons alikeCertified Instructors with professional and collegiate sport backgrounds[You Have Room for Another One Here!] | |  | | **Paul Dailly** bhk, nsca, fms Certified Strength & Conditioning Coach & Former Vancouver Whitecaps Captain  **(604)765-4097 pauldailly7@gmail.com**  **10 Weeks - $175 April 5th- June 7th** | |

**\*Space is limited and preference will be given in the order registrations are received\***