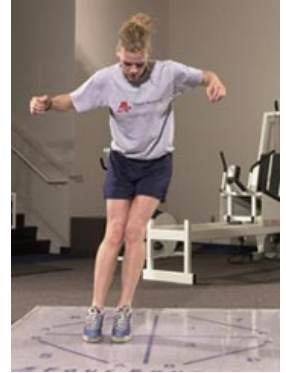


Acceleration South

Skating Treadmill



Plyometrics



Hockey Program Pre Season Training (July 1st thru October 31st)

Individual or Group Program

(12 skating treadmill sessions / 6 plyometric sessions) (8 skating treadmill sessions / 4 plyometric sessions)

6 Week Program

Individual	\$525.00
2 Athletes	\$510.00 each
3 Athletes	\$495.00 each
4 Athletes	\$480.00 each
5 Athletes	\$465.00 each
6 Athletes	\$450.00 each

4 Week Program

Individual	\$400.00
2 Athletes	\$390.00 each
3 Athletes	\$380.00 each
4 Athletes	\$370.00 each
5 Athletes	\$360.00 each
6 Athletes	\$350.00 each

We can be very flexible with these programs. Dates, times, and duration of program can be altered. We want to be able to work around your busy schedule, and still get the best results.

Skating Treadmill Program

(12 skating treadmill sessions)

6 Week Program

Individual	\$400.00
2 Athletes	\$385.00 each
3 Athletes	\$370.00 each
4 Athletes	\$355.00 each
5 Athletes	\$340.00 each
6 Athletes	\$325.00 each

(8 skating treadmill session)

4 Week Program

Individual	\$300.00
2 Athletes	\$290.00 each
3 Athletes	\$280.00 each
4 Athletes	\$270.00 each
5 Athletes	\$260.00 each
6 Athletes	\$250.00 each

Skating treadmill sessions can be done once or twice a week or in any combination. Stickhandling and shooting programs can be added to any session.

Give us a Call, or E mail and sign up Today.

952-997-7456

accelerationsouth@frontiernet.net

www.accelerationmn.com