

FRIENDSHIP YOUTH PROGRAM

Creating Happy, Healthy Families

1-614-816-0514 -- info@friendshipfitness.com

LEVEL 1 - TOTS
ELIGIBLE AT AGE 3

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LEVEL 2 - KIDS
ELIGIBLE AT AGE 6

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LEVEL 3 - FITNESS
ELIGIBLE AT AGE 8

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LEVEL 4 - PERFORMANCE
ELIGIBLE AT AGE 12

Point of Contact:

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Point of Contact:

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Point of Contact:

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Schedule:

Nov 5th - Dec 21st
Monday - 9:00am-9:30am
Friday - 5:30pm-6:00pm
Sign-up for timeslot for the 6-week session

Cost:

1-Session: \$59
2-Sessions: \$99

Schedule:

Wednesday: 5:00pm-5:30pm
Saturday: 11:30am-12:00pm
Sunday: 11:00am-11:30am

Cost:

Monthly: \$89/mo
Punch: 10 for \$114

Schedule:

Tuesday: 4:30pm-5:30pm
Thursday: 4:30pm-5:30pm
Saturday: 12:00pm-1:00pm
Sunday: 10:00am-11:00am

Cost:

2x/Week: \$97/mo
Unlimited: \$119/mo

Schedule:

Tuesday: 5:30pm-6:30pm
Thursday: 5:30pm-6:30pm
Saturday: 1:00pm-2:00pm
Sunday: 9:00am-10:00am

Cost:

2x/Week: \$97/mo
Unlimited: \$119/mo

GENERAL EXPECTATIONS

- Consistent, happy class participation
- Pays attention to coach during instruction
- Waits in line and takes turns
- Respectfully interacts with friends in class

- Cleans up equipment
- Understands that healthy food helps make you strong
- Does not say "can't" or complain

GENERAL EXPECTATIONS

- Consistent, happy class participation
- Listens to coach during instruction & can repeat instructions
- Hi-five's others in class

- Cleans up equipment
- Can name a protein and a vegetable
- Does not say "can't" or complain - chooses to be positive

GENERAL EXPECTATIONS

- Consistently attends class 2-3 days/week
- Listens to coach during instruction and executes independently
- Hi-five's others in class

- Cleans up equipment and helps others
- Knows each macro-nutrient
- Positive role model to others

GENERAL EXPECTATIONS

- Consistently attends class, communicates to coach when absent
- Understands general instructions
- Hi-Five's others in class and a team player

- Cleans up equipment and organizes
- Knows each macro-nutrient and what each does for the body
- Understands and practices a growth mindset

SKILLS

- Controlled body awareness during a squat
- Jump & land on two feet
- Hang from a pull-up bar for :20
- Touch toes with straight legs
- Deadlift wallball with a flat back

- Russian plate and/or dumbbell swings
- Squat with locked out arms overhead
- Ball and/or plate ground-to-overhead
- Shuttle sprint
- Inchworm push-ups
- Hollow hold with straight legs
- Teeter-totters

- Controlled body awareness during a tempo front squat
- Can consistently jump on & off an object with two feet
- Can perform 5 controlled unbroken kips
- Knows how to stretch

SKILLS

- Deadlift kettlebell with flat back
- Unweighted clean
- Overhead squat with a PVC
- American kettlebell swing
- 200m run in 1:15
- 1 RX push-up
- Hollow hold for :15
- Wall climb

- Can hold an active front squat for :30 then stand
- Can consistently perform single unders
- Can perform 10 controlled unbroken kips
- Works on stretches at home given by coach

SKILLS

- Medball clean
- Tempo overhead squat with a PVC
- Dumbbell snatch on each arm
- 400m run in 2:30
- 5 RX push-ups
- 10 unbroken hollow rocks
- Handstand kick-up to wall
- Deadlift with flat back and brace

- Hold an active front squat for 1:00 then stand
- Consistently practicing double unders
- Working on kipping progressions: Pull-up>Chest To Bar>Bar Muscle Up
- Mobilizes, stretches or does yoga on their own time

SKILLS

- Power clean
- Tempo overhead squat with a barbell
- Power snatch
- 800m in 4:45
- RX push-ups in met-cons
- 10 unbroken v-ups
- :30 Handstand hold on wall
- Tempo Deadlift with flat back and brace



FRIENDSHIP

NUTRITION | FITNESS | WELLNESS