



CHILDREN'S HOSPITAL  
& RESEARCH CENTER OAKLAND



LOCATIONS IN OAKLAND • WALNUT CREEK • MODESTO

## Sports Medicine Center for Young Athletes

744 52nd St., Oakland, CA 94609 • 510-428-3558 • [www.childrenshospitaloakland.org](http://www.childrenshospitaloakland.org)

# Sports Performance and Injury Prevention Program “Circuit Series”

Supercharge your Sports Performance & Eliminate Fitness “Weak Spots”

### What is Circuit Series?

- A specialized youth strength and flexibility program
- A station based training that targets the whole body, emphasizing the core
- Two sessions a week for (10) total sessions

### When is it:

Tuesdays & Thursdays, 7 PM-8 PM

### What it costs:

\$149.00 per ten session card

Reserve your spot quickly, space limited.

**RSVP:** Sports Medicine Center, 510-428-3558, option 3



Our sports performance program empowers the young athlete to:

- Increase core stability
- Improve balance
- Become a smarter, more confident athlete
- Learn good training habits
- Develop the discipline and knowledge to train independently

We emphasize:

- Sports-specific body mechanics
- Body control
- Multidirectional movements
- Developing movement efficiency and quickness

More details about our Sports Medicine Center for Young Athletes can be found at [www.childrenshospitaloakland.org](http://www.childrenshospitaloakland.org) or call the Sports Medicine Center at 510-428-3558