**Youth Athlete Workshop**

Coral leisure would like to invite you to take part in our Youth Athlete Workshop. The workshop is specifically aimed at Secondary School Students, between the age of 13 to 19 years, who want to become involved in resistance/weightlifting training. This is an ideal workshop for anyone who is looking to learn about:

* Resistance training exercises
* Benefits of resistance training **for exercise** and to **improve performance** in sport
* Nutrition for Sport

Everyone who takes part in the workshop will receive:

* FMS Screening and Exercises to improve mobility and Flexibility
* Guidelines on Nutrition for Sport
* 2 x 6 week programmes (An initial programme and a follow up programme) with a review of both programmes

Cost of workshop: €60.00

Start date and time of workshop: 5/6/17 @ 11:30

There are limited spaces available so please

Sign up today at reception at Askeaton Pool and Leisure.

Any questions you may have about the workshop can be emailed to

[askeaton@coralleisure.ie](mailto:askeaton@coralleisure.ie)