

SPEED • AGILITY • OVERALL PERFORMANCE



Athletic Movement Training



**Sports
Advantage**



Summer 2026 Sessions

Session 1: June 1 - June 25 (\$125) • Session 2: June 29 - July 16 (\$125)

Session 3: July 20 - August 6 (\$100) • Whole summer: June 1 - August 6 (\$300)

Take your athleticism to the next level with our Athletic Movement Training Program, designed for athletes who want to improve their speed, agility, and overall performance.

WHAT WE OFFER

- Agility Training & Movement Progression
- Master the quick footwork and coordination necessary to dominate in any sport, with progressive drills to track your improvement.

NFL COMBINE PROGRESSION DRILLS

- 10 & 20-Yard Dash: Build explosive speed off the line and top speed.
- 20-Yard Shuttle: Enhance lateral quickness and change-of-direction skills.
- 3-Cone Drill: Improve flexibility, balance, and acceleration.

JUMP TRAINING

- Broad Jump: Develop lower-body power and explosiveness.
- Vertical Jump: Reach new heights in your game!

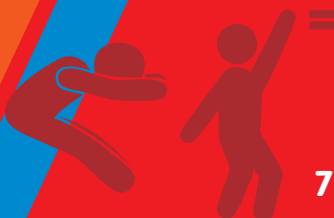
WHY TRAIN WITH US?

Our program combines expert coaching with proven, progressive drills to help you reach your athletic goals. Perfect for athletes preparing for combines, showcases, or simply elevating their performance in competition.

Altru Family YMCA • 215 N 7th St • Grand Forks, ND 58203 • www.gfymca.org • (701) 775-2586

Coach Adam Sorum

Certified Personal Trainer; Certified Medical Fitness Specialist; BS Degree Exercise Science, Wellness, Phys Ed



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Contact Adam Sorum
asorum@gfymca.org

701.775.2586 • www.gfymca.org