

Athletic Training & Sports School with Coach Fleming

THE CENTER: ATHLETIC TRAINING & SPORTS SCHOOL

About The Program

An opportunity for youth to improve athletic skills and performance through specialized training — including strength, conditioning, and overall athletic development.

WHEN: Flexible group and individual times — Wednesdays, Fridays, Saturdays, and Sundays

WHO: Boys and Girls ages 7–18

WHERE: MLK Center, 905 Market Street, Steubenville, OH

COST: \$30 for a 6-week program (2 sessions a week)

PROGRAM HIGHLIGHTS

- State-of-the-art weight room and Vertimax equipment
- Personalized training plans
- Learn new techniques and sports skills
- Workouts tailored for each sport
- Options for fitness and performance goals



Registration

Registration & Contact Information: Register online at register.communitypass.net or return payment to Henry Fleming, MLK Jr. Center, 905 Market Street, Steubenville, OH. For questions, call (740) 283-6000 ext. 4004 or email hffleming@cityofsteubenville.us.

OR complete and return this form with payment to:

Henry Fleming

c/o Martin Luther King Jr. Center
905 Market St, Steubenville, OH

Contact

 (740) 283-6000 ext. 4004

 hffleming@cityofsteubenville.us

Registration Form

Name: _____ **Age/Grade:** _____

Address: _____

Shirt Size: X-Small ☐ Small ☐ Medium ☐ Large ☐ X-Large ☐

Email Address: _____

Emergency Contact/Phone: _____

Parent Signature/Phone: _____
