



ANNOUNCING: CrossFit Generation Summer Teens Program 2017

WHEN:

- ½ Session A: June 20 – July 28
- ½ Session B: July 31 – September 1
- Full Session A&B: June 20 – September 1

WHERE: CrossFit Generation – 417 Caredean Drive Units C & D; Babylon Business Campus

DETAILS: CFG's Teens Program will run very similar to last summer with a few fun new twists. There will be two programs offered on **Mondays, Tuesdays, Thursdays and Fridays from 10a-11a**. Teens can choose to do one program or both and can do ½ or full sessions.

- **Generation Barbell Teens:** This program focuses on barbell strength training. Lifts included will be: Snatch, Clean and Jerk, Back Squat, Deadlift, Floor Press and Shoulder Press. Athletes will be coached through the program in a progressive manner to ensure safety and efficiency. Every athlete will be supervised and coached according to their level of fitness and experience. Sessions will be held on **Mondays and Thursdays from 10am-11am**. It is recommended that teen athletes who register for this summer program have prior experience or history of working out at CFG.
- **CrossFit Teens:** This program will be both strength/skill and conditioning similar to the CrossFit teens program throughout the school year. Strength/skills will focus on both gymnastic/body weight training (pullups, handstands, rope climbs, etc...) and strongman strength work (tire flips, farmer carries, sandbag work, etc...). Conditioning will be traditional CFG Teen WODS. CrossFit Teens will be **Tuesdays and Fridays from 10am-11am**. The program will conclude with a fun team competition as an exciting finale to all the hard training done in the session. This class is open to anyone age 13-17. No prior experience necessary.

COST/REGISTRATION:

- One Program ½ Session: \$99/program (Generation Barbell Teens OR CrossFit Teens)
- One Program Full Session A&B: \$185/program (Generation Barbell Teens OR CrossFit Teens)
- Both Programs ½ Session: \$185 (Generation Barbell Teens AND CrossFit Teens)
- Both Programs Full Session A&B: \$350 (Generation Barbell Teens AND CrossFit Teens)
- **Register at CFG:** Payment due in full at CFG upon registration. Cash or check only please. Late enrollees will be prorated. No refunds.