



Spring Registration Term IV

March 8th thru March 18th 2010

(www.sacac.com for more info)

SPEED Sports & Fitness Term IV



Athletic Development	2nd-4th grades
Total Conditioning I	5th-7th grades
Total Conditioning II	8th-12th grades

One or more sessions a week – Monday/ Wednesday/ Thursday/ Friday

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SPEED Sports & Conditioning, Turf City
4:00 to 5:00 pm

Bus transportation from SAS to Turf City provided

Departs SAS 3:30 pm

Parents responsible for transportation after class

*Fees: \$310 for 7 sessions (Mon, Wed, Thurs) / \$220 for 5 sessions (Fri)
(includes one-way transportation to Turf City)*

Session Dates

Monday Sessions: April 12, 19, 26 May 3, 10, 17, 24

Wednesday Sessions: April 14, 21, 28 May 5, 12, 19, 26

Thursday Sessions: April 15, 22, 29 May 6, 13, 20, 27

Friday Sessions: April 16, 23 May 7, 14, 21

SPEED Sports and Conditioning offers fitness classes for children and teens in a fun and supportive environment. Whether your child needs some time away from the computer or is training for the league championship, SPEED's classes can help.

Youth classes offered at SPEED are not watered down adult classes. The athletic development and total conditioning classes offered through SACAC are specifically designed to be age appropriate, movement based programs to keep the child's interest and to build on their abilities. These classes are designed to make fitness fun yet challenging and to build a foundation of fitness for the child's lifetime. For more information, please visit their website at www.speedsportsandconditioning.com

SACAC Sports Office
40 Woodlands Street 41, Singapore 738547
Phone: 6363-6454 Fax: 6368-9757
e-mail: sacac@sas.edu.sg
Web site: www.sacac.com