

Not currently part of a team?  
We also offer sport specific one-on-one  
and small group training packages.

“...amazing atmosphere... an excellent facility that  
has equipment to work on all aspects of functional  
fitness... Abilities Centre has improved my endurance,  
speed and performance on the soccer field.”  
- Mila, Chelsia, Mackenzie U18 Girls Rep Soccer Ajax



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# Team Sports Training



take your  
**team**  
to the  
**next level**

## Why Team Sports Training?

Team Training Programs are a great way for your team to gain a competitive edge over opposing teams. Compliment your in-season schedule of games and practices with Team Training and see a huge difference in the players' speed, quickness, strength, movement skills and conditioning. Keep the team together in the off-season by training as a team one to three times per week with a specialized off-season program.

## About Our Programs

All Team Training Programs at Abilities Centre are designed and conducted by certified fitness and conditioning experts. Programs are sport specific with a focus on developing the overall strength, speed, endurance, flexibility and balance of your athletes, and each session is tailored to the individual needs of your team.

Our Team Training Programs also include a baseline assessment of each player's fitness level. This assessment helps our trainers gauge the size and strength of your athletes as well as their overall fitness levels, including endurance, flexibility and coordination.

A properly monitored Team Training Program can go a long way toward helping your athletes overcome plateaus in their development as well as resist injury.

### Small Team Packages

- 8-12 athletes
- 1 advanced conditioning coach

#### 5 Sessions

\$200 per hour + 1 hour of meeting space<sup>1</sup>

#### 10 Sessions

\$190 per hour + 1 hour of meeting space<sup>1</sup> + 1 team building activity<sup>2</sup>

#### 15 Sessions

\$180 per hour + 2 hours of meeting space<sup>1</sup> + 1 team building activity<sup>2</sup>

#### 20 Sessions

\$160 per hour + 4 hours of meeting space<sup>1</sup> + 1 team building activity<sup>2</sup>

### Large Team Packages

- 13-20 athletes
- 2 advanced conditioning coaches

#### 5 Sessions

\$275 per hour + 1 hour of meeting space<sup>1</sup>

#### 10 Sessions

\$265 per hour + 1 hour of meeting space<sup>1</sup> + 1 team building activity<sup>2</sup>

#### 15 Sessions

\$250 per hour + 2 hours of meeting space<sup>1</sup> + 1 team building activity<sup>2</sup>

#### 20 Sessions

\$225 per hour + 4 hours of meeting space<sup>1</sup> + 1 team building activity<sup>2</sup>

Booking time subject to availability. HST extra.

**Optional Add-Ons** include detailed fitness classes (yoga, spin, Pilates) and nutritional consultations. Ask us for details!

<sup>1</sup>Meeting space is restricted to the Lounge or Board Room. AV equipment is included.

<sup>2</sup>Team building activities are organized by Abilities Centre sport and fitness associates.

Book during off-peak hours\*  
and get 10% OFF!

\*Monday to Friday, 6:00am-9:00am and 3:00pm-6:00pm.