



**TRUE**  
Athlete Performance

# SBHS – Fall 2011

# Speed and Quickness Training

Activity # 121206-02

**Dates:** Sept 27 – Nov 3, 2011

**Where:** SBHS Gym

Option	Cost*	Activity #
(Sept 27 - Nov 3)	\$150	121206-02

\*Price reflects a 10% registration fee paid to PRCS. If you register online, you will save \$1.

**Days and Times:**  
*Tuesdays & Thursdays*  
7:00 – 8:00am

*In Partnership with:*



## REGISTER

1. Online At: [www.loudoun.gov](http://www.loudoun.gov)  
\*To get your User name and password call: 703-777-0343

Mail Form To: Loudoun County Department of Parks,  
Recreation, and Community Services  
215 Depot Court, S.E.  
Leesburg, VA 20175

3. Take Form to any Loudoun County Community Center:
  - Douglas Community Center
  - Claude Moore Community Center
  - Loudoun Valley Community Center
  - Sterling Community Center

NO WALK IN REGISTRATIONS.

Activity #

121206-02

**703.996.3500**

**www.TrueAP.com**