

# Sports Injury Prevention Program

Our Injury Prevention Program incorporates dynamic warm-ups, stretching, strengthening and plyometric training with skill specific activities. The environment is a fun group setting offering strategies and training to decrease the likelihood of injury and improve performance.



1 hour per week  
for 4 weeks

Tuition: \$100



For more information, including locations and times, please contact:

Jessica Garfin  
(858) 966-1700 x246566

