



Momentum Athletic Development School Holiday Program



The 2022/2023 Summer School Holiday program runs for 5 weeks over the Christmas break. It is split up into 2 weeks (12/12/22 - 23/12/22) leading into Christmas followed by a 3 week January block (03/01/23 - 20/01/23). The goal of this program is to introduce foundational strength and power training, as well as teaching recovery protocols.

It will consist of 2 sessions at Momentum Sports Performance Centre and 1 field based session each week.

Where: Momentum Sports Performance Centre
(1/26 Fremantle Street, Burleigh Heads)

When: Monday, Wednesday & Friday 8:00am - 9:30am 12 Dec - 20 Jan.
5 Week block 12/12/2022 - 20/01/2023
2 week block 12/12/22 - 23/12/22
3 week block 03/01/23 - 20/01/23

Cost: 5 Week block = \$199, 2 week block = \$90, 3 week block = \$135

Spaces are limited, so please head to
momentumsports.com.au/MAD to secure your spot ASAP!

If you have any questions, please do not hesitate to contact Josh on
0402 297 325 or josh@momentumsports.com.au

@momentum_athletes