



ATHLETE 101

Athlete 101 helps youth athletes aged 6-11 become stronger, faster, and more coordinated. They learn the fundamentals of athletic movement and have **FUN** doing it! These training sessions feel like play and kids have a great time while getting better!

Call or email us to schedule a free trial!



Director of Youth Training
Ashton Borelli



(330) 314-2264



ashton@t3athlete.com



ATHLETE 101 CLASS TIMES:

ATHLETE 101 FOUNDATIONS

(Ages 6-8)

Mon-Thurs: 6p
Sat: 10a

ATHLETE 101 ELITE

(Ages 9-11)

Mon-Thurs: 5p
Sat: 11a

ATHLETE 101 COMBO

(Ages 6-11)

Mon/Wed: 4p
Tues/Thurs: 7p

T3 Performance (Avon)

1965 Recreation Ln.

Avon, OH 44011



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