



# Long Island Orioles Baseball

## Sessions Will Focus On

- Arm Care and Shoulder Strengthening
- Baseball Specific Speed and Agility Drills
- Introduction and Instruction on Proper Weightlifting Techniques
- Core and Trunk Strengthening

### 90-MINUTE SESSIONS!

8 Week Program - 1x week 10+ athletes= \$160 per athlete

**16U: 7-8:30 pm Wednesdays  
Jan 9-Feb27**

**14/15U: 7-8:30 pm Thursdays  
Jan 10-Feb 28**

**For more information or to register, contact  
516 227 2373**



**645 Stewart Avenue  
Garden City, NY  
516 227 2373**



**[www.PAPCstrong.com](http://www.PAPCstrong.com)**