J.GIO
TRAINING

HOMESCHOOL
GIRLS SOCCER SESSIONS

NEW PROGRAM

DESIGNED FOR HOMESCHOOL ATHLETES TO BUILD SKILLS, CONFIDENCE AND A LOVE FOR THE GAME IN A FUN, POSITIVE ENVIRONMENT.

SKILLS • SPEED & AGILITY • FIRST TOUCH • SMALL-SIDED GAMES & MORE





FRIDAYS MORNINGS | **6-WEEK PROGRAM**

DEC 11 | DEC 18 | JAN 8 | JAN 15 | JAN 22 | JAN 29

(HOLIDAY BREAK)

J.GIO GIRLS SOCCER SKILLS SESSION

10:00 – 11:00 AM

Focused soccer training to build fundamental skills, confidence and game IQ.

J.GIO STRENGTH & CONDITIONING

11:00 AM – 12:00 PM

Add on to your skills session to build strength, stability and overall athletic performance.



SKILLS ONLY 6 WEEKS $150

SKILLS + STRENGTH 6 WEEKS (2 HOURS) $250

ADD ON STRENGTH ONLY: **$100**

HIGHLY QUALIFIED FEMALE TRAINERS

AT OUR BEAUTIFUL, HEATED SPORTS FACILITY IN OAKLAND, NJ