



# Return to Sport Training

Sports Performance Centers in Stow and Green

## **What is the Return to Sport program?**

This program is designed to give individuals who have completed formal physical therapy for an ACL reconstruction or other lower extremity surgery a comprehensive, challenging, expertly supervised training program targeted to prepare the participant for a successful return to their sport or active lifestyle. Each class will focus on functional strength, balance/dynamic stability, agility, power, endurance and sports specific movements.

**Who is it for?** Competitive or recreational athletes of any age

**When is it held?** Three 60-minute classes/wk (see staff for schedule)

**How do I sign up?** Email our coaches at [CCAGsportsperf@ccf.org](mailto:CCAGsportsperf@ccf.org)

**What is the cost?** \$169/month unlimited training or \$119 for 8 classes (no expiration)

**Questions?** Contact [CCAGsportsperf@ccf.org](mailto:CCAGsportsperf@ccf.org).