



From Foundations to Performance

Built for sport - designed for development



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Train for sport - build for life

Our program offers a structured, three-level approach to strength and conditioning for youth - essential for building not only better athletes, but healthier, more resilient individuals.

Our *Foundations* will focus on movement competency, coordination and confidence in a supportive environment. As athletes progress, *Development* provides individualised training programs that refine movement quality while building meaningful strength and power. For those ready to excel, *Performance* delivers advanced, sport-specific training methods designed to maximise speed, strength and agility - helping athletes excel on the field while continuing to support healthy growth and long-term development.

Why strength training in youth is important?

When delivered appropriately, strength training supports physical growth and development and plays a key role in:

- ✓ Improving bone density, joint stability, coordination and body awareness
- ✓ Reducing injury risk, enhancing movement efficiency and building the strength and power required for sport.

Beyond performance, it fosters confidence, discipline and a positive relationship with exercise, setting the foundation for lifelong health.

Our pathway is designed to guide young athletes safely and effectively through each stage of development, ensuring they can perform at their best while continuing to grow and develop the right way.





Foundations

Designed with a strong focus on developing movement competency and coordination, building the foundation for future training.

Whether you're looking to establish strong foundations for athletic performance, or simply support your child's growth and development, these programs complement developing neuromuscular control with emphasis placed on learning to move well.



Youngs Guns Strength & Conditioning

Built to develop strong, capable and confident young movers through structured, age-appropriate training. Focusing on movement quality, strength development and fundamental sports skills, this program lays the groundwork for both sporting performance and lifelong physical health.

INVESTMENT = \$199

Reformer Young Guns

Reformer Pilates has become an increasingly popular form of exercise and our Young Guns program is designed specifically for growing bodies, using controlled resistance to build strength, stability and movement confidence. The reformer supports proper technique while developing core strength, joint control and flexibility to improve posture, coordination and body awareness.

INVESTMENT = \$199

Please note:

- For children 8 years and older
- Minimum height of 140cm required to participate in Reformer Young Guns
- Active Kids Vouchers are accepted for both group programs
- Programs run in line with school term and parents must complete a pre-screen form



Development

Within our Development programs athletes begin to develop meaningful strength and power, while continuing to refine movement quality. We begin to introduce a more structured resistance training program with progressive overload and sports-specific skills tailored to your child. This program includes an Initial Consultation with an Accredited Exercise Physiologist, with 3 x 4-week individualised training blocks and re-assessment delivered by a Level 1 Strength & Conditioning Coach.

Initial consultation includes:

- Pre-exercise screening and training history
- Movement, mobility and stability screening
- VALD strength and power testing
- Sport demands analysis

Following the assessment, athletes receive:

- Individual performance profile
- Identification of strengths, limitations and risk factors
- Individualised home & gym training program

Athletes will participate in one weekly group training session (max 4/group) following an individualised training program tailored to address assessment results and athletic goals. Each 4-week training block will include elements of stability, agility, power and strength training, with a complimentary home exercise program to support mobility and recovery.



INVESTMENT PAYG -

- Initial Consultation = \$ 129
- Training Blocks = \$150 per block (includes program writing)
- Re-Assessment = \$99

INVESTMENT UPFRONT -

- Initial Consultation + 3 x Training Blocks + Re-Assessment = \$599



Performance

Here our athletes will begin to train with more advanced training methods and higher intensities (2-3 sessions per week). With periodised training plans to align with key competitions, carnivals and sporting demands - we are ensuring we are building at the right time and have athletes performing at their peak when it matters most.

INVESTMENT PAYG -

- Initial Consultation = \$ 129
- Training Blocks
 - 2 sessions per week = \$299 per block
 - 3 sessions per week = \$449 per block
- Re-Assessment = \$99

INVESTMENT UPFRONT -

- Initial Consult + 3x Training Blocks (2x/week) + Re-Assessment = \$999
- Initial Consult + 3x Training Blocks (3x/week) + Re-Assessment = \$1499

Train smart. Grow strong. Perform better.



Our approach is built on guiding growing bodies through the right training at the right time - developing movement, building strength and unlocking performance in a safe, structured way. By combining expert coaching with progressive programming, we help athletes grow with confidence, reduce injury risk and perform at their best, both now and into the future.

Get in touch with us today



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