



OPEX ABBOTSFORD

YOUTH STRENGTH TRAINING

STARTS SEPTEMBER 14, 2026
MONDAY + WEDNESDAY

3:15 PM – 4:00 PM
AGES 8–12

4:00 PM – 5:00 PM
AGES 13–17

 **MAX 8 KIDS PER GROUP**

\$199/MONTH

 **1575 MCCALLUM RD, UNIT 100**
ABBOTSFORD, BC V2S 8A5



REGISTER NOW

CALL OR TEXT: 778-808-9604

EMAIL: JEROME@OPEXABBOTSFORD.COM

Youth Strength Training

What Families Can Expect

Empowering youth through proper strength training to build healthy habits, grow their confidence, and take ownership of their lives - one session at a time.

AGES 8-12	AGES 13-17	MONTHLY
Mon + Wed 3:15-4:00 PM	Mon + Wed 4:00-5:00 PM	\$199 Recurring membership

The Purpose of the Program

Our Youth Strength Training Program gives children and teens a safe, structured place to learn how to move well and become stronger. The focus is not simply on lifting more weight. We teach proper technique, introduce age-appropriate progressions, and help each participant develop confidence, consistency, and a positive relationship with training.

What Participants Will Develop

- Strength fundamentals: safe technique in foundational movement patterns such as squatting, hinging, pushing, pulling, carrying, bracing, and locomotion.
- Body awareness and coordination: learning how to control positions, balance, and movement with purpose.
- Healthy habits: understanding the value of consistency, effort, preparation, and taking care of the body.
- Confidence: experiencing progress, learning new skills, and becoming more comfortable in a training environment.
- Ownership: learning to listen, ask questions, accept coaching, and take responsibility for personal effort.

A Typical Session

1. Prepare Warm-up, mobility and movement preparation	2. Learn Technique instruction and skill practice
3. Build Age-appropriate strength exercises and progressions	4. Finish Conditioning, games or a focused challenge

Coaching That Meets Them Where They Are

Every participant brings a different level of experience, maturity, and physical ability. Our coaches adjust movements and training demands so each child can be appropriately challenged while maintaining quality and safety.

Small-Group Coaching

Each group is limited to a maximum of eight participants. This gives our coaches the ability to provide meaningful feedback and individual attention while still creating an encouraging group atmosphere. Beginners are welcome, and exercises can be progressed or modified based on each participant's readiness.

Progress Over Perfection

The program continues on a monthly basis because strength, skill, and confidence are built through consistent practice. Participants will revisit foundational patterns, learn new variations, and progress gradually as their technique and capacity improve. We celebrate effort, coachability, and steady progress rather than comparison with others.

What to Bring

- Comfortable athletic clothing and clean indoor training shoes.
- A water bottle.
- A willingness to learn, participate, and encourage others.
- Please let the coach know about any injuries, medical considerations, or movement restrictions before training.

Membership and Cancellation

Start date	Monday, September 14, 2026
Membership	\$199 per month, billed on a recurring monthly basis
Cancellation	At least 30 days' written notice is required before the next billing date. Requests can be emailed to jerome@opexabbotsford.com .

READY TO JOIN?

Call or text 778-808-9604 | Email jerome@opexabbotsford.com

More than a workout: skills, habits, and confidence for sport, school, and everyday life.

Abbotsford School District may receive a fee to facilitate the distribution of advertising and marketing materials from some community organizations and businesses. Abbotsford School District does not accept responsibility or liability for the contents of any advertising and does not endorse an organization's services, goods or programs.