

**HKM NUTRITION &  
SIS ATHLETICS**

**INDIVIDUAL CLASS: \$40  
WHOLE SERIES: \$140**

# **YOUTH ATHLETES NUTRITION SERIES**



**4 CLASSES SPECIFICALLY WRITTEN FOR YOUNG ATHLETES**

## **TOPICS COVERED:**

- **NUTRITION IN YOUTH ATHLETICS**
- **ENHANCE PERFORMANCE  
W/NUTRITION**
- **SUPPLEMENTS**
- **WHEN, HOW, AMOUNT TO EAT**
- **HYDRATION**
- **NUTRITION WHEN TRAVELLING**

**Class Schedule: 3:30 - 5:00**

- **Class 1: April 16th**
- **Class 2: April 30th**
- **Class 3: May 17th**
- **Class 4: May 21st**

**SCAN QR CODE  
TO SIGN UP TODAY OR CLICK HERE**



**All classes held at SIS Athletics Facility**