

**START. PERFORM. FINISH.**

**POWER GRAND FORKS  
SUMMER 2022 PROGRAMS**

**PERFORMANCE PRE-TESTING JUNE 6 - JUNE 9**

**PERFORMANCE POST-TESTING AUGUST 22 - AUGUST 25**

Athletes will test during the time they are registered to train at.

*Testing is for high school and eighth grade groups only.*

\*No Training July 1-8 (No groups - Happy Independence Day)

Time Slot	Days	Group	Capacity
8 - 9:15 a.m.	Mon. - Thurs. (x4 day)	High School Performance Training	Open Slots
10:15 am - 12 p.m.	Mon. - Thurs. (x4 day)	ELITE Performance (College/Professional)	Open Slots
1 - 2 p.m.	Mon., Wed., & Thurs. (x3day)	Middle School Performance Training	Open Slots
4 - 5:15 p.m.	Mon. - Thurs. (x4day)	High School Performance Training	Open Slots

**ADULT TRAINING**

**July 1 - Facility CLOSED**

**July 4 - Facility CLOSED**

**July 5 - Facility CLOSED**

\*\*Groups will resume on July 6 at our normal times

Time Slot	Days	Group	Capacity
5:45 - 6:45 a.m.	Mon. - Fri.	Adult Training	Open Slots
9 - 10 a.m.	Mon. - Fri.	Adult Training	Open Slots
12:05 - 12:55 p.m.	Mon. - Fri.	Adult Training Power Hour	Open Slots

*Our facility will be closed on Saturday's beginning May 28 and our Saturday hours will resume on September 10, 2022.*

*Summer Hours: Monday - Thursday: 5:30 a.m. - 6 p.m. / Fridays 5:30 a.m. - 5:30 p.m.*

**CONTACT OUR FACILITY TO SIGN UP FOR A TEAM AGREEMENT**

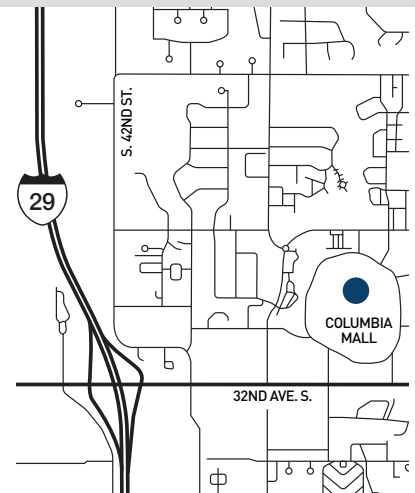
**THERE ARE LIMITED SPOTS PER SESSION.**

If you HAVE been a member of Sanford POWER before, you do not need to fill out registration paperwork again; only the program fee is needed to reserve the athletes spot. If you have NOT participated in POWER before, please fill out the registration paperwork and return with program fee.

**REGISTRATION:**

Call 701-757-8900 or visit us in person at

Sanford POWER Grand Forks  
2800 S. Columbia Rd., Ste. 112  
Grand Forks, ND 58201



**MAXIMIZE YOUR PERFORMANCE**