

# UPSWING CENTENNIAL

@sparkdttp  
@upswing\_foundation



## NEW ATHLETIC FACILITY!

*Serving youth athletes of all backgrounds in performance training, dance, and recovery*



7460 South University Blvd  
Centennial, CO 80122

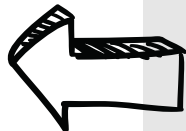


facilities@upswingfoundation.org



(720) 500-5100

Register online and sign up for classes today.



Download the "UPSWING Foundation" app



### ABOUT UPSWING CENTENNIAL

*UPSWING Centennial is the first dedicated space built to deliver the UPSWING experience to aspiring athletes in Denver and the surrounding communities with world-class services in performance training, dance, and recovery.*

### ABOUT UPSWING FOUNDATION

*UPSWING Foundation is the only youth sports foundation based in Colorado's mile-high training grounds that provides access to world-class programs alongside top athletes for kids of all backgrounds in order to connect people and catapult dreams.*

### ABOUT SPARK DANCE TEAM TRAINING

*Powering UPSWING Dance, SPARK's mission is to foster excellence, develop strong and consistent dancers, promote self-esteem, understand the mechanics behind the movement, and instill a solid work ethic.*

# DANCE

powered by



*Designed for all dancers, athletes will learn technique and mastery of fundamental skills necessary to succeed in any dance team program.*

- Classes for ages 2yrs – 8th Grade – Monthly Registration
- All classes 9th Grade+ are punch-card-based to accommodate busy schedules
- Small classes that focus on quality, not quantity
- Individualized class offerings to best suit each dancer's needs
- Train with or staff of experts, including Colorado's most experienced Dance Coaches, Sports psychologists, Yoga, and more

# PERFORMANCE TRAINING



*With a unique approach, performance training addresses specific needs in the athlete's body in order to achieve their full athletic potential by blending health and performance, allowing athletes to stay healthy while playing any sport and perform at a higher level.*

- Hour-long session focusing on speed and agility
- Classes alternate from max velocity, acceleration, & change of direction
- Sessions include neurological and muscular activation, dynamic warm-up and stretches, drills to reinforce proper mechanics, a main speed development workout, and a weight-lifting session

# RECOVERY

*As part of our performance training and dance offerings, athletes have access to a state-of-the-art recovery center with leading technologies to expedite recovery. UPSWING Centennial includes:*

- Hot Plunge Pool
- Cold Plunge Pool
- Sunlighten mPulse Discover Saunas
- Normatech 3 Leg Compression
- Hypervolt
- Vyper
- Hypersphere
- Perfect Chair Pro
- Professional Massage Tables

