

2023 FALL-WINTER



Comprehensive Training Methodology

produces

Accelerated Development

Fundamental, Positions, Repetition, & Game Play

- Individual and Team Training
- Professional Assessment
- Sports Psychology
- Conditioning
- Fast-Paced Atmosphere
- Emersion Environment

*Specialized intense training improves
agility, speed, and vertical jump*

PROGRAM EXCLUSIVE!

Each Player Receives:

- ✓ A handout with individual drills and exercises to practice at home.
- ✓ A written evaluation on skill, position suggestions, attitude, and progress.

Plan Ahead! Holiday Camps

Nov 24 - 26
Dec 27 - 29
Jan 2 - 4

GET READY FOR CLUB SEASON VOLLEYBALL CLINICS

NOV 10TH - DEC 20TH

SIGN UP FOR SIX OR MORE CLASSES

FLEXIBLE MAKE-UP SCHEDULES AVAILABLE

JUNIOR HIGH (5th - 8th)

NOTE NEW LOCATIONS

Sundays	4 - 5:30 pm	3
Tuesdays	7 - 8:30 pm	1
Wednesdays	7 - 8:30 pm	1
Fridays	6 - 7:30 pm	2

ADVANCED (High School)

Sundays	10 - 11:30 am	3
Tuesdays	7 - 8:30 pm	1
Fridays	7 - 8:30 pm	2

PRIVATE LESSONS

Limited on Weekends

Scan to
Register



FEE

\$225 PER CLINIC

NEW! LOCATIONS

- 1 - Rush Copley Healthplex
1900 Ogden Ave., Aurora
- 2 - Good Samaritan Health & Wellness
3551 Highland Ave., Downers Grove
- 3 - Edwards-Elmhurst Health & Fitness
Seven Bridges, 6600 Hwy 53, Woodridge

Experienced, Well-Respected Coaches

Experts in Conducting NLA Drills

ALL INSTRUCTION AND COACHING MANAGED

BY BONNIE BREMNER-PETTIGREW

Four-time Penn State Academic All American
and 3-Year Pro Player

Questions? Call Bonnie at 630-330-7785 or info@nextlevelathletesinc.com