

Fitness and Sports Training



AP3 Training (Agility, Perturbation, Plyometric and Performance)

The AP3 training program is designed specifically for athletes who have undergone ACL reconstruction surgery. Designed using the latest return-to-play research, AP3 blends agility, perturbation, plyometric, and sport-specific performance training into one functional program developed to help recovering athletes gain confidence and prepare to return to their sport.

All training is performed with a CHKD sports medicine exercise specialist. The program consists of twice weekly sessions for six weeks and includes pre- and post-testing.

For more information on all of our fitness and sports training programs, including pricing, group discounts, and class schedules, contact

Julius Delbridge at
Julius.Delbridge@CHKD.org,
or call (757) 668-6654.



Sports Medicine Locations

Norfolk

Children's Hospital of The King's Daughters
601 Children's Lane

CHKD Sports Medicine in Ghent
702 W. 21st Street

CHKD Health Center at Kempsville
171 Kempsville Road

Chesapeake

CHKD Health Center at Oakbrooke
500 Discovery Drive

Hampton

CHKD Health Center at Butler Farm
421 Butler Farm Road

Newport News

CHKD Health and Surgery Center at Oyster Point
11783 Rock Landing Drive

CHKD Health Center and Urgent Care at Tech Center
680 Oyster Point Road

Virginia Beach

CHKD Health and Surgery Center at Concert Drive
2021 Concert Drive
(outpatient orthopedic surgery only)

CHKD Health Center and Urgent Care at Loehmann's Plaza
3960 Virginia Beach Boulevard

CHKD Health Center and Urgent Care at Landstown
1924 Landstown Centre Way

Williamsburg

CHKD Health Center at Lightfoot
6425 Richmond Road

Fitness And Sports Training (FAST)

Children and teens who exercise regularly are more likely to develop lifelong habits that foster good heart and lung health, strong muscles and bones, sound body composition, and psychological well-being.

CHKD is committed to providing the safest training available to children. We follow established guidelines developed by the American College of Sports Medicine and all of our training programs have been approved by our physicians.

For young athletes, a well-rounded strength and conditioning program can improve sports performance and reduce the risk of injuries. Our programs include appropriate strength training along with speed, agility, flexibility, balance, and coordination exercises.

For children at risk for being overweight, repetitive aerobic exercise can quickly become boring. Adding strength training and other forms of exercise creates a fun and challenging atmosphere – improving results and increasing a child’s activity level and self-esteem. CHKD provides personal and group training by prescription for patients with a medical condition related to excess body weight or inactivity. Exercise specialists help patients improve body composition, cardiovascular health, respiratory function and glucose profiles.



Personal Training and Sports Performance Services

Working with a strength and conditioning specialist is an investment in your child’s health and well-being and can benefit anyone from beginners to top athletes. CHKD exercise specialists provide a wide array of services for children and teens in an environment designed for fun and learning, including:

- Proper technique and form.
- Movement skills and mechanics.
- Sports-specific training and injury prevention.
- Power development.
- Personalized programs and individual instruction.
- Accountability, motivation and support.

45 minute Training Sessions

Evaluation Session: \$20

Evaluation includes flexibility, body composition, cardiovascular fitness, speed, muscle strength, balance, agility, and nutrition education.

Personal Training Session: \$40

Ask about our current promotions and packages. Discounts available. Meet predetermined personal goals and earn free sessions.

Group Training (3-5 participants): \$15 each

Team Training

CHKD exercise specialists will provide your team with a progressive in-depth training program designed specifically for your athletes. Your team will enjoy a high intensity, motivating, and competitive environment while reaching their specific goals.

Focus will be on:

- Gym etiquette and safety.
- Injury prevention.
- Power and strength development.
- Speed and agility.
- Functional movement and movement efficiency.

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Weight Lifting 101

This program is designed to help young athletes build a foundation of the weight lifting mechanics needed to master fundamental movements like squats, deadlifts, and bench press. Participants will learn the correct form and technique to lift weights safely and with confidence. This class meets twice a week for six weeks.

