EVERY ATHLETE STARTS SOMEWHERE.

Build the athlete. Grow the confidence.

Youth athletic development for ages 9 and up

Whether your child is new to sports, building confidence or looking to improve, they deserve a place to grow. We meet young athletes where they are and help them build movement skills, strength and confidence - one step at a time.

You do not have to make the team to belong here.

CONFIDENCE FOR SPORT. SKILLS FOR LIFE.

Our philosophy is to cultivate a lifelong love of physical activity and a winning mindset that reaches beyond sports - building confidence, resilience and perseverance for every part of life.

A winning mindset means showing up, accepting feedback and learning from setbacks. We celebrate personal progress and create a supportive place to take on challenges, try again and keep the love of play.

PROTECT THE LOVE OF PLAY.

A lifelong relationship with movement.

Think of a young child who loves reading for the stories, curiosity and discovery. As reading becomes about assignments, grades and keeping up, that love can fade. Something they once chose for joy starts to feel like a test.

Competitive youth sports can do the same to a child's relationship with physical activity. When kids cannot keep up or compare themselves with more experienced players, they may decide, “I am not any good.” They can lose the joy of movement itself, even though the gap may reflect years of practice, not a lack of potential.

We want to change that relationship. In this program, the competition is with yourself: learning a new skill, moving with more confidence and doing something you could not do before. We celebrate personal progress rather than ranking kids against each other, helping them build fitness and confidence while enjoying the work.

Sports can be a safe, supportive place to make mistakes, learn and get better. “You never fail unless you quit.” We cultivate a mindset of perseverance: keep showing up, learn from setbacks and try again. Our goal is to protect a lifelong love of physical activity while building confidence and resilience that reach beyond sports.

THE FOUNDATION FOR ANY SPORT

Move better.
Build from there.

AGE GROUPS: 9-11 / 12-14 / 15+

Participants train with their age group. Activities are adjusted to experience and ability so beginners have a place to start and developing athletes can keep progressing.

MOBILITY + FLEXIBILITY

Guided warm-ups, range-of-motion exercises and body-control practice help prepare kids for movement.

SPEED + AGILITY

Footwork, balance, acceleration and changes of direction help kids move with purpose and control.

STRENGTH + CONDITIONING

Foundational strength exercises emphasize technique and build the capacity to stay active and participate in sports.

HAND-EYE COORDINATION + REACTION SKILLS

Partner catching, throwing, bouncing and target games help kids practice tracking a ball, timing their movements and responding with control.

WHAT TO EXPECT IN A 60-MINUTE CLASS

A guided warm-up, speed and agility drills, strength exercises and fun partner coordination games. Coaching emphasizes sound technique, teamwork and individual progress.

Membership includes coached sessions, all four training areas and indoor gym access during scheduled program classes. Members receive priority booking and discounted rates for camps and after-school programs when available. School-break camps include summer, spring and midwinter breaks.

Billed by calendar month - 12 payments per year, not every four weeks.

CLASSES START DECEMBER 1, 2026

Find your time to train.

PROPOSED DECEMBER CLASS TIMES

Class times will be confirmed based on enrollment and may change. Contact us to share your preferred days and times and check availability for your age group.

MONDAY

5-6 p.m. | 6-7 p.m. | 7-8 p.m.

TUESDAY

4-5 p.m. | 5-6 p.m. | 6-7 p.m. | 7-8 p.m.

WEDNESDAY

5-6 p.m. | 6-7 p.m. | 7-8 p.m.

THURSDAY

4-5 p.m. | 5-6 p.m. | 6-7 p.m. | 7-8 p.m.

SATURDAY

12-1 p.m. | 1-2 p.m. | 2-3 p.m. | 3-4 p.m. | 4-5 p.m.

One-hour classes. Listed days and times are offered based on demand and are subject to change.

CLASSES START DECEMBER 1, 2026

Get registered now.

One gym. A new chapter.

West Seattle Athletics Group is taking over Delridge Strength and will operate out of the same gym. Both names are part of the same business. Our website still displays Delridge Strength during the transition, so you are in the right place.

YOUR PROGRAM STARTS DECEMBER 1

Classes begin December 1, 2026. Fill out the contact form below so we can reach out, answer your questions and help you get registered. We will send you program information and the final class schedule.

CONTACT US TO GET STARTED

delridgestrength.com/contact

Visit the gym. Find the right fit.

Schedule an introductory visit to tour our 6,000-square-foot indoor gym. Ask about class options, individual support, and drop-off and pickup arrangements.

westseattleathleticsgroup@gmail.com

206-387-1463

5050 Delridge Way Southwest | Seattle, WA 98106

***Ask us about sibling discounts.**