

2019 Offseason



Youth Program

Ages 10-13 years old

Enrollment limit of 20 Athletes

Program will lay a strong foundation for athlete and parents to build on
Learn foundational movement patterns, strength, speed, balance and coordination

Schedule

All sessions from 5:00pm – 6:00pm

May

Tuesday 4 th , 11 th , 18 th , 25 th Focus: Strength, Balance, Conditioning	Wednesday 5 th , 12 th , 19 th , 26 th Focus: Speed, Agility, Coordination	Thursday 6 th , 13 th , 20 th , 27 th Focus: Strength, Balance, Conditioning
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June

Tuesday 7 th , 14 th , 21 st , 28 th Focus: Strength, Balance, Conditioning	Wednesday 8 th , 15 th , 22 nd , 29 th Focus: Speed, Agility, Coordination	Thursday 9 th , 16 th , 23 rd , 30 th Focus: Strength, Balance, Conditioning
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July

Tuesday 2 nd , 9 th , 16 th , 23 rd , 30 th Focus: Strength, Balance, Conditioning	Weds 3 rd , 10 th , 17 th , 24 th , 31 st Focus: Speed, Agility, Coordination	Thursday 4 th , 11 th , 18 th , 25 th Focus: Strength, Balance, Conditioning
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August

Tuesday 6 th , 13 th , 20 th Focus: Strength, Balance, Conditioning	Wednesday 7 th , 14 th , 21 st Focus: Speed, Agility, Coordination	Thursday 1 st , 8 th , 15 th , 22 nd Focus: Strength, Balance, Conditioning
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Please Contact for Pricing