

**YOUTH DEVELOPMENT PROGRAMS**  
**WINTER 2019 Jan 7-April 7**  
 (13 WEEKS) \*Start Anytime!



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:15-10:15						<b>ATHLETE COMPLETE DEVELOPMENT</b> Y60	
10:15-11:15						<b>ATHLETE COMPLETE DEVELOPMENT</b> T60	<b>SPEED, AGILITY &amp; QUICKNESS</b>
10:15-11:45						<b>ADVANCED ATHLETE DEVELOPMENT</b>	
3:30-5							
4:30-5:30	<b>ATHLETE COMPLETE DEVELOPMENT</b>		<b>SPEED, AGILITY &amp; QUICKNESS</b>	<b>TWISTED KIDS</b>	<b>ATHLETE COMPLETE DEVELOPMENT</b>		
5:30-6:30		<b>ATHLETE COMPLETE DEVELOPMENT</b> T60		<b>ATHLETE COMPLETE DEVELOPMENT</b> Y60 <b>ATHLETE COMPLETE DEVELOPMENT</b> T60			
5:30-7	<b>ADVANCED ATHLETE DEVELOPMENT</b>		<b>ADVANCED ATHLETE DEVELOPMENT</b>		<b>ADVANCED ATHLETE DEVELOPMENT</b>		
		<b>*TWIST TEAM &amp;</b>	<b>Custom Small</b>	<b>Group Times</b>	<b>Available</b>		