

YOUTH DEVELOPMENT PROGRAMS
SPRING 2019 April 8-June 30
 (12 WEEKS) *Start Anytime!



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:15-10:15						ATHLETE COMPLETE DEVELOPMENT Y60	
10:15-11:15						ATHLETE COMPLETE DEVELOPMENT T60	SPEED, AGILITY & QUICKNESS
10:15-11:45	HIGH PERFORMANCE TRAINING	*Off-Ice High Performance Hockey Groups will be added as players are available. Tentative times: 10:30-12 (Junior-College-Pro); 3:30-5 Midget/Junior TBC				ADVANCED ATHLETE DEVELOPMENT	
3:30-5							
4:30-5:30	ATHLETE COMPLETE DEVELOPMENT		SPEED, AGILITY & QUICKNESS	TWISTED KIDS		ATHLETE COMPLETE DEVELOPMENT	
5:30-6:30		ATHLETE COMPLETE DEVELOPMENT T60		ATHLETE COMPLETE DEVELOPMENT ATHLETE COMPLETE DEVELOPMENT Y60 T60			
5:30-7	ADVANCED ATHLETE DEVELOPMENT		ADVANCED ATHLETE DEVELOPMENT			ADVANCED ATHLETE DEVELOPMENT	
		*TWIST TEAM &	Custom Small	Group Times	Available		