

ATHLETE DEVELOPMENT PROGRAMS



SPRING 2019 SCHEDULE (April 1 to June 30)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PM	PP 2:15 – 3:30	PP 2:15 – 3:30	PP 2:15 – 3:30	PP 2:15 – 3:30	PP 2:15 – 3:30	S ² A 12:00 – 1:00	KMA 12:00 – 1:00
	SH 4:30 – 6:00	SH 4:30 – 6:00	SH 4:30 – 6:00	SH 4:30 – 6:00	KMA 4:00 – 5:00		
	S ² A 5:00 – 6:00	S ² A 5:00 – 6:00	S ² A 5:00 – 6:00	S ² A 5:00 – 6:00			

Class Legend

- PP = Peak Performance
- S²A = Speed, Strength, Athleticism
- SH = Spring Hockey
- KMA = Kid's Movement Academy