

YOUTH DEVELOPMENT PROGRAMS
SUMMER 2019 July 2 – Sept 1
 (9 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						ADVANCED ATHLETE DEVELOPMENT	
3:30-5							
4:30-5:30	ATHLETE COMPLETE DEVELOPMENT		SPEED, AGILITY & QUICKNESS	ATHLETE COMPLETE DEVELOPMENT Y60	ATHLETE COMPLETE DEVELOPMENT		
5:30-6:30		ATHLETE COMPLETE DEVELOPMENT T60		ATHLETE COMPLETE DEVELOPMENT T60			
5:30-7	ADVANCED ATHLETE DEVELOPMENT		ADVANCED ATHLETE DEVELOPMENT		ADVANCED ATHLETE DEVELOPMENT		
		*TWIST TEAM &	Custom Small	Group Times	Available		