



Summer 2010 (Speed & Strength)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9am– 10am <i>FUNdamental Athlete</i> (ages 6-9)</p> <p>10am- 11am <i>JV Development & Speed</i> (ages 10-12) <i>Youth Strength Class</i> (grades 6-9)</p> <p>11am- 12pm <i>Varsity Development & Speed</i> (ages13-16) <i>HS/College Strength Class</i> (grades 10 & up)</p> <p>12pm- 1pm <i>Elite Development & Speed</i> (ages 16 & up)</p>	<p>4pm– 5pm <i>Elite Development & Speed</i> (ages 16 & up) <i>Youth Strength Class</i> (grades 6-9)</p> <p>5pm– 6pm <i>Varsity Development & Speed</i> (ages 13-16) <i>HS/College Strength Class</i> (grades 10 & up)</p> <p>6pm– 7pm <i>JV Development & Speed</i> <i>FUNdamental Athletes</i> (ages 6-12)</p>	<p>9am– 10am <i>FUNdamental Athlete</i> (ages 6-9)</p> <p>10am- 11am <i>JV Development & Speed</i> (ages 10-12) <i>Youth Strength Class</i> (grades 6-9)</p> <p>11am- 12pm <i>Varsity Development & Speed</i> (ages13-16) <i>HS/College Strength Class</i> (grades 10 & up)</p> <p>12pm- 1pm <i>Elite Development & Speed</i> (ages 16 & up)</p>	<p>4pm– 5pm <i>JV Development & Speed</i> <i>FUNdamental Athlete</i> (ages 6-12) <i>Youth Strength Class</i> (grades 6-9)</p> <p>5pm– 6pm <i>Varsity Dev & Speed</i> (ages 13– 16) <i>HS/College Strength Class</i> (grades 10 & up)</p> <p>6pm– 7pm <i>Elite Development & Speed</i> (ages 16 & up)</p>	<p>9am– 10am <i>FUNdamental Athlete</i> (ages 6-9)</p> <p>10am- 11am <i>JV Development & Speed</i> (ages 10-12) <i>Youth Strength Class</i> (grades 6-9)</p> <p>11am- 12pm <i>Varsity Development & Speed</i> (ages13-16) <i>HS/College Strength Class</i> (grades 10 & up)</p> <p>12pm- 1pm <i>Elite Development & Speed</i> (ages 16 & up)</p>	<p>9am– 10am <i>FUNdamental Athlete</i> (ages 6-9)</p> <p>10am- 11am <i>JV Development & Speed</i> (ages 10-12)</p> <p>11am- 12pm <i>Varsity Development & Speed</i> (ages13-16)</p> <p>12pm- 1pm <i>Elite Development & Speed</i> (ages 16 & up)</p>



Summer 2010 (Sport Specific)

Mon	Tue	Wed	Thu	Fri
<p>3:30pm– 5pm <i>HS Field Hockey</i> (grades 9-12)</p> <p>5pm– 6pm <i>Youth Field Hockey</i> (grades 6-8)</p>	<p>5pm– 6pm <i>Youth Football</i> (grades 5-8)</p> <p>6pm– 7pm <i>HS/College Football</i> (grades 9 & up)</p>	<p>10am– 11:30 am <i>Youth Lax X-Treme</i></p> <p>11am– 12:30pm <i>HS Lax X-Treme</i></p> <p>3:30pm– 5pm <i>HS Field Hockey</i> (grades 9-12)</p> <p>5pm– 6pm <i>Youth Field Hockey</i> (grades 6-8)</p>	<p>5pm– 6pm <i>Youth Football</i> (grades 5-8)</p> <p>6pm– 7pm <i>HS/College Football</i> (grades 9 & up)</p>	