

# 2020 YOUTH FALL PROGRAMS

12 max per Class – Email Appointment MANDATORY

## Current Gym Policy

- 50% of class time will be outside;
- Max 12 athletes per class.

*You will need to email to confirm time slot is not full.*

- We are operating as a Drop off/Pick up facility
- Waiting Area is closed to the public
- If you or anyone in your home is/has been sick, do not come in.

*Please wait 14 days after recovery before returning to gym.*

- If you or anyone in your home has had contact with someone who has a virus, please do not come in.

*Please wait 14 days after recovery before returning to gym.*

- Athletes must wash their hands before and after workout.

## H.S ELITE SPEED

14 – 18 yr. olds



MON - THURS / SAT / SUN

**4 Weeks \$150.00**

**1x** Weekly - Pick a Class Time:

Mon 7:00pm  
Wed 7:00pm  
Sat 8:00am  
Sun 12:00pm

## JR Speed and Agility

8 - 12 yr. olds



MON / WED

**4 Weeks -\$80.00**

**1x** Weekly – Pick One:  
Mon or Wed  
6:00pm

**4 Weeks -\$160.00**

**2x** Weekly  
Mon/Wed  
6:00pm

**8 Weeks - \$300.00**

**2x** Weekly  
Mon/Wed  
6:00pm

**4 Weeks \$300.00**

**2x** Weekly - Pick Two Classes:

Mon 7:00pm  
Wed 7:00pm  
Sat 8:00am  
Sun 12:00pm

**8 Weeks \$585.00**

**2x** Weekly - Pick Two Classes:

Mon 7:00pm  
Wed 7:00pm  
Sat 8:00am  
Sun 12:00pm