

ATHLETIC CONDITIONING CENTER

Group Schedule April 21-June 23 10 Weeks Total

AGE GROUPS

10-13 yrs

14-16 yrs

17+ yrs

Individuals/Special Programs

MONDAY

2:30-4:30			
4:00-5:30	GROUP 4	GROUP 1	
5:30-7:00	GROUP 6	GROUP 2	
7:00-8:30	GROUP 7	GROUP 3	

TUESDAY

2:30-4:30			
4:00-5:30	GROUP 8	GROUP 1	
5:30-7:00	GROUP 9	GROUP 2	
7:00-8:30	GROUP 10	GROUP 5	

WEDNESDAY

2:30-4:30			
4:00-5:30	GROUP 4	GROUP 1	
5:30-7:00	GROUP 6		
7:00-8:30	GROUP 7	GROUP 3	

THURSDAY

2:30-4:30			
4:00-5:30	GROUP 8	GROUP 1	
5:30-7:00	GROUP 9	GROUP 2	
7:00-8:30		GROUP 5	

FRIDAY

2:30-4:30			
4:00-5:30	GROUP 4	GROUP 1	
5:30-7:00	GROUP 6	GROUP 2	
7:00-8:30	GROUP 10	GROUP 3	

SATURDAY

9:30-11:00 GROUP 9

Open 11-1 - for athletes that miss during the week

PRICE

2x/week	360+GST	(10 weeks total)
3x/week	540+GST	
4x/week	720+GST	
5x/wk	900+GST	

17+		10-13yrs		14-16yrs	
Group 1	5x/wk	Group 4	3x/wk	Group 6	3x/wk
Group 2	4x/wk	Group 5	2x/wk	Group 9	3x/wk
Group 3	3x/wk	Group 7	2x/wk	Group 10	2x/wk
		Group 8	2x/wk		