



FALL CLASS SCHEDULE

SEPTEMBER-OCTOBER



PRE-ACADEMY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AGES 5-9		4:00-5:00PM	5:00-6:00PM	4:00-5:00PM		10:00-11:00AM	2:00-3:00PM
CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ACADEMY TRAINING TRAVEL PLAYERS	7:00 - 7:45 PM						
TOTAL SKILLS (U10-U13)	6:00 - 7:00 PM		6:00 - 7:00 PM		6:00 - 7:00 PM	11:00 AM - 12:00 PM	
CROSS-TRAINING (10+)			POWER & PLYO 7:15 - 7:45 PM			BARRE 10-10:30 AM	

BIRTHDAY PARTIES

SOCCER-THEMED
CELEBRATIONS FOR
KIDS AGES 4-12

INCLUDES:

- 1.5 HOURS OF DEDICATED PARTY TIME
- PRIVATE USE OF LOUNGE AREA AND INDOOR FIELD
- FOOD AND DRINKS

FIELD RENTALS

AVAILABLE FOR
TEAM TRAINING

Single Session:

\$200 per hour

4-Session Package:

\$180 per hour

To Book: Fill out
Online Request Form

NOT SURE WHERE TO START?

PLAYER ASSESSMENTS

Start with a Player Assessment. We'll identify your player's strengths, highlight opportunities for improvement, and build a personalized roadmap for development.

Individual and Small-Group Personal training—offered outside the weekly schedule. *Customized sessions available upon request*

Mejenga/Open Play — Free, fun, small-sided games for players ages 6-14 | **Every Sunday from 3:00-4:00pm**

MATCH ANALYSIS

1-on-1 live comprehensive analysis of players' match performance. Receive detailed feedback with a live, interactive session to review key moments in real-time and a summary evaluation.

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📍 24540 ARCOLA CENTER PLAZA STERLING, VA 20166

☎ (571) 413-3008



SUMMER CLASS SCHEDULE

JULY



PRE-ACADEMY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AGES 5-9		4:00-5:00PM	5:00-6:00PM	4:00-5:00PM	5:00-6:00PM	10:00-11:00AM	
CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TOTAL SKILLS (U10-U13)	6:00 - 7:00 PM		6:00 - 7:00 PM		6:00 - 7:00 PM	11:00 AM - 12:00 PM	
SUMMER EDGE (U10-U14)		6:00 - 7:00 PM	7:00 - 8:00 PM	6:00 - 7:00 PM			
POWER & PLYOS (10+)			9:15 - 10:00AM				
GROUP FITNESS						YOGA 10-10:45 AM	BARRE 3-3:45 PM

SUMMER CAMPS

JUNE 15-AUG 14

Train in our elite indoor facility to beat the heat and master the game.
Join us for a fun and safe World Cup Summer experience designed to develop the total athlete!

HALF DAY - 9:00 AM to 12:00 PM
FULL DAY - 9:00 AM to 4:00 PM

PRE-ACADEMY | U5-U9
ELITE | U10-U15

RESOURCES

FREE EBOOK

ELITE PLAYER TOOLBOX



FIELD RENTALS

AVAILABLE FOR TEAM TRAINING

Single Session:
\$200 per hour
4-Session Package:
\$180 per hour
To Book: Fill out Online Request Form

Mejenga/Open Play — Free, fun, small-sided games for players ages 6-15 | **Every Sunday from 3:00-4:30pm**

Individual and Small-Group Personal training—offered outside the weekly schedule. *Customized sessions available upon request*

PLAYER ASSESSMENTS

NOT SURE WHERE TO START?

Start with a Player Assessment. We'll identify your player's strengths, highlight opportunities for improvement, and build a personalized roadmap for development.



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SPRING CLASS SCHEDULE

MAY



PRE-ACADEMY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAECILLOS (U5-U6) MEJENGUEROS (U7-U9)		4:00-5:00PM	5:00-6:00PM	4:00-5:00PM	5:00-6:00PM	10:00-11:00AM	
ACADEMY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TOTAL SKILLS (U10-U13)	6:00 - 7:00 PM		6:00 - 7:00 PM		6:00 - 7:00 PM	11:00 AM - 12:00 PM	
STRIKER TRAINING (U11-U14)		6:00 - 7:00 PM			7:00 - 8:00 PM		
GOALKEEPER TRAINING	7:00 - 8:00 PM				7:00 - 8:00 PM		
PERFORMANCE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ELITE POWER & PLYOS	7:15 - 8:00 PM						
BARRE FITNESS							3:00 - 3:45 PM

UPCOMING EVENTS

SCHOOL'S OUT DAY CAMPS

MON, MAY 25

3V3 SHOWDOWN

SUN, JUNE 14

FIELD RENTALS

AVAILABLE FOR TEAM TRAINING

Single Session:

\$200 per hour

4-Session Package:

\$180 per hour

To Book: Fill out Online Request Form

Mejenga/Open Play — Free, fun, small-sided games for players ages 6-15 | **Every Sunday from 3:00-4:30pm**

Individual and Small-Group Personal training—offered outside the weekly schedule. *Customized sessions available upon request*

MAX PERFORMANCE RECOVERY SESSIONS

Critical to an athlete's success and ability to reach peak performance, recovery sessions are an essential component of their training plan. Designed to help players fully recover, prevent injuries, and optimize performance, these sessions ensure athletes are prepared for their next training session or game.

Wednesday's | 7:15-8:00 AM



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WINTER CLASS SCHEDULE

NOVEMBER/DECEMBER



PRE-ACADEMY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAECILLOS (U5-U6)		4:00-5:00PM	5:00-6:00PM	4:00-5:00PM		10:00-11:00AM	
MEJENGUEROS (U7-U9)		4:00-5:00PM	5:00-6:00PM	4:00-5:00PM		10:00-11:00AM	
ACADEMY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TOTAL SKILLS (U10-U13)	6:00 - 7:00 PM		6:00 - 7:00 PM		6:00 - 7:00 PM		
GAME-READY CONDITIONING (U10-U15)			7:00 - 7:45 PM				
WINTER CLINICS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EDGE TRAINING (U10-U13)		5:00-6:00 PM		5:00-6:00 PM			
EDGE TRAINING (U14-U16)		6:00 - 7:00 PM					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MEJENGA FREE OPEN PLAY (U7-U15)							3:00-4:30 PM
BARRE CLASSIC							3:30 - 4:15 PM

UPCOMING EVENTS

SCHOOL'S OUT DAY CAMP

MONDAY,
NOV 3

TUESDAY,
NOV 4

3V3 FALL SHOWDOWN
SUNDAY,
NOV 9

FIELD RENTALS

AVAILABLE FOR TEAM TRAINING

Single Session:
\$200 per hour

4-Session Package:
\$180 per hour

To Book: Fill out
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Individual and Small-Group Personal training—offered outside the weekly schedule. *Customized sessions available upon request*

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FALL CLASS SCHEDULE



PRE-ACADEMY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAECILLOS (U5-U6)		4:00-4:45PM	5:00-5:45PM	4:00-4:45PM		10:00-10:45AM	
MEJENGUEROS (U7-U9)		4:00-5:00PM	5:00-6:00PM	4:00-5:00PM		10:00-11:00AM	
ACADEMY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TOTAL SKILLS (U10-U15)	5:30-6:30PM		7:30-8:30PM	5:30-6:30PM		11:00AM-12:00PM	
SMALL GROUP PERSONAL TRAINING		6:00-7:00 PM (U12/U13)		8:00-9:00 PM (U12/U13)	6:00-7:00 PM (U10/U11)	9:00-10:00 AM (U13/U14)	
GAME-READY CONDITIONING (U10-U15)	6:30-7:15 PM			7:15-8:00 PM			
DAYTIME PROGRAMS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FOUNDATIONS IN MOTION (U6-U15)		10:00-11:30AM		10:00-11:30AM			
MEJENGA FREE OPEN PLAY (U7-U15)							3:00-5:00PM

Personal training—offered outside the weekly schedule. Customized sessions available upon request



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