



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

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

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

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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