



# YOUTH SUMMER SCHEDULE 2023

## WEEK VIEW

**MAY 29-AUG 11**  
**REGISTER TODAY**



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00	Middle School Customized	Middle School Customized	Middle School Customized	Middle School Customized	Middle School Customized
10:30	Middle School Customized	Middle School Customized	Middle School Customized	Middle School Customized	Middle School Customized
11:00	High School Customized	Middle School Athletic Fitness (10:45-11:45)	High School Customized	High School Customized	High School Customized
11:30	High School Customized	Elementary Athletic Fitness (10:45-11:45)	High School Customized	Elementary Athletic Fitness (10:45-11:45)	Elementary Athletic Fitness (10:45-11:45)
12:00					
12:30					
1:00		Youth Speed		Youth Speed	
1:30					
2:00	Middle School Customized	Elementary Athletic Fitness	Middle School Customized	Middle School Customized	Middle School Customized
2:30	Middle School Customized	Middle School Athletic Fitness	Middle School Customized	Middle School Athletic Fitness	Middle School Customized
3:00	High School Customized	High School Customized	High School Customized	High School Customized	High School Customized
3:30	High School Customized	High School Customized	High School Customized	High School Customized	High School Customized

**\*\*NO YOUTH SESSIONS  
 JULY 3-4\*\***

**ESSENTIALS** **1:15** COACH CLIENTS

- ▶ Programmed to be enjoyable for those looking to get or stay fit
- ▶ Perfect weekly complement to sport specific customized sessions
- ▶ Ask us about PE Waivers!

*NOTE: Our Essentials Athletic Fitness class is both programmed to easily scale down for kids simply wishing to elevate their fitness as well as scaled up to benefit our most serious athletes.*

**CUSTOMIZED** **1:12** COACH CLIENTS

- ▶ Sport Specific
- ▶ Individualized digital tracking of all session data

*NOTE: Our Customized Sessions provide for the highest amount of digital tracking and coaching oversight - which is especially important as our middle and high school students begin to incorporate more loaded-based training into their programs.*

**\*\*Questions?? Contact  
 Emilio@train4thegame.com**