

**January 4th 2010 - May 9th 2010**

Group	Day	Class Time
Youth (Ages 8-11) 60 minute class	Mon, Wed	4:30pm to 5:30pm
	Tues, Thurs	5:30pm to 6:30pm
Developmental 1 (Ages 12-14) 90 minute class	Mon, Wed	5:30pm to 7:00pm
	Tues, Thurs	6:30pm to 8:00pm
	Fri	4:30pm to 6:00pm
Developmental 2 (Ages 15-18) 90 minute class	Mon, Wed	7:00pm to 8:30pm
	Tues, Thurs	4:00pm to 5:30pm
	Fri	6:00pm to 7:30pm
Testing (All Ages)	Fri	3:30pm - 4:30pm

Training Is By Appointment Only
Call 630-836-2203 To Schedule Your Classes
Online Scheduling Is Available
Classes Must Be Scheduled 24 Hours In Advance
Classes Must Be Canceled 24 Hours In Advance

Velocity Sports Performance
Located In The Upper Level Of Sportsplex
1400 Foundry Street
St. Charles, IL 60174
Phone 630-836-2203

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