

Velocity Sports Performance®



FALL 2009 SCHEDULE*

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Youth <i>Ages 7-11</i>	4:00 PM 5:00 PM	4:00 PM 5:00 PM 6:00 PM	4:00 PM 5:00 PM	4:00 PM 5:00 PM 6:00 PM	4:00 PM 5:00 PM	10:00 AM	CLOSED
Dev 1 <i>Ages 12-14</i>	3:30 PM 5:00 PM 6:30 PM	3:30 PM 5:00 PM 6:30 PM	3:30 PM 5:00 PM 6:30 PM	3:30 PM 5:00 PM 6:30 PM	5:00 PM	11:15 AM	CLOSED
Dev 2 <i>Ages 15-18</i>	3:30 PM 5:00 PM 6:30 PM	3:30 PM 5:00 PM 6:30 PM	3:30 PM 5:00 PM 6:30 PM	3:30 PM 5:00 PM 6:30 PM	3:30 PM	1:00 PM	CLOSED
Adults	^A 6:30 AM ^A 7:30 AM ^A 9:30 AM ^A 7:00 PM	^A 11:00 AM ^A 7:00 PM	^A 6:30 AM ^A 7:30 AM ^A 9:30 AM ^A 7:00 PM	^A 11:00 AM ^A 7:00 PM	^A 6:30 AM ^A 7:30 AM ^A 9:30 AM	^A 9:00 AM	CLOSED

* All sessions are subject to change depending on demand, special events, etc.

** Please call 973.560.0550 to schedule your classes. Or visit the website @ www.velocitysp.com/parsippany.