



## Summer Schedule 2009

(June 29 – September 4)

\*\*Schedule subject to change due to athlete demand\*\*

| <u>Group</u>                            | <u>Time</u>                         | <u>Days</u> |
|---|-------------------------------------|-------------|
| Youth<br>8-11 years old                 | 9:00am                              | Mon-Fri     |
|   | 5:30pm                              | Mon-Thurs   |
|   | 4:00pm                              | Friday      |
|   | 9:00am                              | Saturday    |
| Developmental 1 (D1)<br>12-14 years old | 10:30am                             | Mon-Fri     |
|   | 4:00 pm                             | Mon-Fri     |
|   | 7:00pm                              | Mon-Thurs   |
|   | 10:30am                             | Sat         |
| Developmental 2 (D2)<br>15 and Up       | 12:00pm                             | Mon-Fri     |
|   | 7:00pm                              | Mon-Thurs   |
|   | 5:30pm                              | Friday      |
|   | 12:00pm                             | Saturday    |
| Developmental 3(D3)<br>College/Elite    | 10:30am                             | Mon-Fri     |
|   | 5:30pm                              | Mon-Thurs   |
| Adult Fitness                           | 6:00am                              | M/W/F       |
|   | 9:30am                              | M/W/F       |
|   | 7:00pm                              | Tue./Thurs. |
|   | 5:30pm                              | Friday      |
|   | 8:00am                              | Saturday    |
| Strength Training(D1-D3)                | 6:00pm                              | Tues/Thurs  |
| Performance Testing                     | 5:00pm: Tuesday/Thursday            |             |
| Team Training                           | *Please see front desk to schedule* |             |

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Just click "Schedule My Training"