

WINTER 2023 SCHEDULE OF CLASSES (YOUNG ATHLETES)

MONDAY

- 4 PM JS LINEAR SPEED
- 4 PM TP STRENGTH
- 4:30 PM ELITE SPEED
- 5 PM TP LINEAR SPEED
- 6 PM PEEWEE

TUESDAY

- 4 PM JS MULTI-DIRECTIONAL SPEED
- 4:30 PM ELITE STRENGTH
- 5 PM TP MULTI-DIRECTIONAL SPEED
- 6 PM TP STRENGTH

WEDNESDAY

- 4 PM JS LINEAR SPEED
- 4 PM TP STRENGTH
- 4:30 PM ELITE SPEED
- 5 PM TP MULTI-DIRECTIONAL SPEED
- 6 PM PEEWEE

THURSDAY

- 4 PM JS MULTI-DIRECTIONAL SPEED
- 4:30 PM ELITE STRENGTH
- 5 PM TP LINEAR SPEED
- 6 PM TP STRENGTH

FRIDAY

- 4 PM JS LINEAR SPEED
- 4 PM TP STRENGTH
- 4:30 PM ELITE SPEED
- 5 PM TP MULTI-DIRECTIONAL SPEED
- 6 pm PEEWEE

SATURDAY

- 10 AM YOUTH TOTAL CONDITIONING (7-12)
- 11 AM ELITE STRENGTH

Descriptions

Peewee is for kids 4-6 years old.

Jump Start or JS is for athletes ages 6-11.

Total Performance or TP is for athletes ages 12-16.

Elite is advanced training for the athlete looking to take their game to the next level.

Peak Training is private or semi-private available on request and by appointment only.

Team Training and Private/ semi-private Peak training are also available upon request.

Evaluations must be scheduled in advance and is required of all athletes starting the Parisi Program.