

SPRING PROGRAM PRICING AND DETAILS

**WEEKLY
FREQUENCY**

PRICE PAID IN FULL

**2 SESSIONS PER
WEEK**

\$325

ADDITIONAL DETAILS

- **The 14 week Spring program begins the week of 3/4 and will run through the week of 6/3**
- **Athletes sign-up for sessions within hours of Strength and Conditioning Coach using the Complete Game of PA App**
- **Athletes may also attend Open Gym hours and follow their training program independently**
- **Complete Game of PA Team Members receive 15% discount**
- **Families with 2 or more members pay in full for first athlete, and receive 15% discount on all additional athletes**
- **Extensions are not available for this program**
- **See tentative schedule attached and in the Complete Game of PA app**

MARCH

WEEK OF:	MON	TUES	WED	THURS	FRI	SAT
3/4	6:00-7:30 Coach V. Terry	3:30-8:00 Open Gym	3:30-8:00 Open Gym	5:30-7:00 Coach V. Terry	3:30-6:00 Open Gym	9:00- 12:00 Coach V. Terry
3/11	4:30-6:30 Coach V. Terry	4:30-6:30 Coach V. Terry	4:30-6:30 Coach V. Terry	5:30-7:00 Coach V. Terry	3:30-6:00 Open Gym	12:00- 2:30 Coach V. Terry
3/18	5:30-7:00 Coach V. Terry	3:30-8:00 Open Gym	5:30-7:00 Coach V. Terry	3:30-8:00 Open Gym	3:30-6:00 Open Gym	12:00- 2:30 Coach V. Terry
3/25	4:30-6:00 Coach Tommy	4:30-6:00 Coach Tommy	4:30-6:00 Coach Tommy	4:30-6:00 Coach Tommy	No Sessions	No Sessions

BUILDING ELITE ATHLETES

APRIL

WEEK OF:	MON	TUES	WED	THURS	FRI	SAT
4/1	No Sessions	3:30-8:00 Open Gym	3:30-8:00 Open Gym	3:30-8:00 Open Gym	3:30-8:00 Open Gym	No Sessions
4/8	5:30-7:00 Coach V. Terry	5:30-7:00 Coach V. Terry	3:30-8:00 Open Gym	5:30-7:00 Coach V. Terry	3:30-6:00 Open Gym	12:00-2:30 Coach V. Terry
4/15	3:30-8:00 Open Gym	5:30-7:00 Coach V. Terry	3:30-8:00 Open Gym	5:30-7:00 Coach V. Terry	3:30-6:00 Open Gym	12:00-2:30 Coach V. Terry
4/22	3:30-8:00 Open Gym	5:30-7:00 Coach V. Terry	3:30-8:00 Open Gym	3:30-8:00 Open Gym	3:30-6:00 Open Gym	12:00-2:30 Coach V. Terry
4/29	3:30-8:00 Open Gym	5:30-7:00 Coach V. Terry	3:30-8:00 Open Gym	5:30-7:00 Coach V. Terry	3:30-8:00 Open Gym	No Sessions

BUILDING ELITE ATHLETES

MAY

WEEK OF:	MON	TUES	WED	THURS	FRI	SAT
5/6	3:30-8:00 Open Gym	5:30-7:00 Coach V. Terry	3:30-8:00 Open Gym	5:30-7:00 Coach V. Terry	3:30-6:00 Open Gym	12:00- 2:30 Coach V. Terry
5/13	3:30-8:00 Open Gym	5:30-7:00 Coach V. Terry	3:30-8:00 Open Gym	5:30-7:00 Coach V. Terry	3:30-6:00 Open Gym	12:00- 2:30 Coach V. Terry
5/20	3:30-8:00 Open Gym	5:30-7:00 Coach V. Terry	3:30-8:00 Open Gym	5:30-7:00 Coach V. Terry	No Sessions	No Sessions
5/27	No Sessions	3:30-8:00 Open Gym	5:30-7:00 Coach V. Terry	3:30-8:00 Open Gym	3:30-6:00 Open Gym	12:00- 2:30 Coach V. Terry

BUILDING ELITE ATHLETES

JUNE

WEEK OF:	MON	TUES	WED	THURS	FRI	SAT
6/3	3:30-8:00 Open Gym	5:30-7:00 Coach V. Terry	5:30-7:00 Coach V. Terry	3:30-8:00 Open Gym	3:30-5:00 Coach V. Terry	12:00- 2:30 Coach V. Terry

BUILDING ELITE ATHLETES