



Effective 6/12/2017

## Youth Training Schedule

	Monday	Tuesday	Wednesday	Thursday		Saturday
4:30 - 5:20pm	FUNdamentals (ages 7 - 9)	FUNdamentals (ages 7 - 9)	FUNdamentals (ages 7 - 9)	FUNdamentals (ages 7 - 9)	9:00 - 9:50am	FUNdamentals (ages 7 - 9)
5:30 - 6:20pm	Learn to Train (ages 10 - 12)	Learn to Train (ages 10 - 12)	Learn to Train (ages 10 - 12)	Learn to Train (ages 10 - 12)	10:00 - 10:50am	Learn to Train (ages 10 - 12)
6:00 - 6:50pm	Train to Train (ages 12 - 15) <i>Strength Training</i>	Train to Train (ages 12 - 15) <i>Speed Development</i>	Train to Train (ages 12 - 15) <i>Strength Training</i>	Train to Train (ages 12 - 15) <i>Speed Development</i>	10:30 - 11:20am	Train to Train (ages 12 - 15) <i>Strength &amp; Speed</i>
6:30 - 7:45pm	Train to Compete (ages 15 - 18) <i>Strength Training</i>	Train to Compete (ages 15 - 18) <i>Speed Development</i>	Train to Compete (ages 15 - 18) <i>Strength Training</i>	Train to Compete (ages 15 - 18) <i>Speed Development</i>	11:00am - 12:15pm	Train to Compete (ages 15 - 18) <i>Strength &amp; Speed</i>

trainatadapt.com

Shops at Stonefield | 2075 Bond Street, Suite 150

***BUILDING BETTER ATHLETES***