

AKA Athletic Kids Academy

Start: February 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 - 6:00 Children's Athletic Conditioning	5:45 - 6:15 Beginner Children's Conditioning	5:45 - 6:30 Children's Athletic Conditioning	5:30 - 6:00 Beginner Children's Conditioning	5:30 - 6:00 Beginner Children's Conditioning	10:15 - 11:15 Private Lessons
7:00 - 7:45 Advanced Athletic Conditioning		7:15 - 8:00 Advanced Athletic Conditioning			

	Children's Athletic Conditioning: Ages 6 - 13 years old		Advanced Athletic Conditioning: Ages 14 & up or by invitation
	Children's Beginner Athletic Conditioning: Ages 6 & up		Private Lessons: Please see instructors to schedule
Placement in your classes will be assessed by the instructors			