

Next Generation Athletics:

PACKAGE INFORMATION:

Silver Package: This package will allow each member to attend our Skills Academy for one training session each week over the semester.

Gold Package: This package will allow each member to attend our Skills Academy for two training sessions each week over the semester.

Elite Package: This package will allow each member to attend our Elite Skills training sessions a week along with two plyometrics fitness sessions a month over the semester.

Spring Schedule:

Location: ACS Elementary & Middle School

Skills Academy - Grades 5-12, **Silver Package**, Tuesdays Only

Program Duration: March 31, 2020 - July 16 ,2020

Numbers of Sessions: 16

Skills Academy - Grades 5-12, **Silver Package**, Thursdays Only

Program Duration: March 31, 2020 - July 16 ,2020

Numbers of Sessions: 16

Skills Academy - Grades 5-12, **Gold Package**, Tuesdays & Thursdays

Program Duration: March 31, 2020 - July 16 ,2020

Numbers of Sessions: 32

Skills Academy - Grades 7-12 **Elite Package**, Tuesdays & Thursdays

Program Duration: March 31, 2020 - July 16 ,2020

Numbers of Sessions: 36

Elite Fitness Package, Saturday Mornings

Program Duration: March 31, 2020 - July 16 ,2020

Key Dates:

April 11th 2020,

May 09th 2020,

June 20th 2020,

July 11th 2020