



# WEEKLY SCHEDULE

SPACE IS LIMITED, PLEASE RESERVE YOUR PLACE IN ADVANCE

FALL 2011

MON

TUE

WED

THUR

FRI

SAT

8-10 ACCEL./STRENGTH

4:00

5:00

4:00

5:00

11-14 ACCELERATION

4:00

4:00

6:00

6:00

4:00

10:00AM

11-14 STRENGTH

5:00

5:00

4:00

4:00

13-18 INTENSITY

6:00

5:00

6:00

4:00

10:00AM

15-18 ACCELERATION

5:00

6:00

4:00

7:00

15-18 STRENGTH

7:00

7:00

SPORT SKILL CLINICS

VB BEG/INT 4P  
VB ADV. 5P  
SOCCER 6P

BASKETBALL  
6:00P

VOLLEYBALL  
ADV 4P

RECRUITING TRAINING

5:00(3<sup>RD</sup>)

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- PHONE #: (562) 598-2600
- 24-HR CANCELLATION POLICY
- THERE ARE NO MAKE UPS FOR NO SHOWS
- PLEASE CALL TO CANCEL IF YOU CAN'T MAKE YOUR SESSION TIME

### REFER-A-FRIEND REMINDER!

EARN A \$50 CREDIT PER EVALUATION  
EARN A \$100 CREDIT PER ENROLLMENT  
CONTACT YOUR APC FOR ALL THE DETAILS