2019 Summer Schedule (June 3rd – August 17th)

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| **Class Time** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **9:00-10:00a** |  |  |  |  | **TP – (LS)** |
| **10:00-11:00a** | **Jump Start**  |  | **Jump Start**  |  | **Jump Start** |
| **11:00a-12:00p** | **TP- (COD)** | **TP – (Strength)** | **TP – (LS)** | **TP – (COD)** | **TP - (Strength)** |
| **3:00 – 4:00p** | **Evaluation** | **Evaluation** | **Evaluation**  | **Evaluation** |  |
| **4:30-5:30p** | **TP – (Strength)** | **TP – (COD)** | **TP (COD)** | **TP (LS)**  |  |
| **5:30-6:30p** | **TP (LS)** | **Jump Start** | **TP (Strength)** | **Jump Start** |  |
| **6:30-7:30p** | **Evaluation** | **TP – (LS)** | **Evaluation** | **TP - (Strength)** |  |

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| **Class Time** | **Saturday** |
| **9:30-10:30a** | **Jump Start**  |
| **10:30 – 11:30a** | **TP – (Strength/LS)**  |
| **11:45a- 1:00p** | **Evaluation**  |

 

**Jump Start –** Focused on young athletes 7-12, this small group program sets the foundation for success in any sport by focusing on speed, agility and overall coordination.

**Total Performance –** Focused on athletes from 13-18, this small group program focuses on the techniques used in speed, agility and strength to maximize improvements in athletic performance.

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