



SPEED SCHOOL

Rio Vista FC On-Season Performance Program

Jump Start: U9-U14

Session I:

September 14, 2009 – October 19, 2009
Mondays from 5:30 to 6:30

Session II:

September 17, 2009 – October 22, 2009
Thursdays from 6:00 to 7:00

Session III:

November 9, 2009 – December 14, 2009
Mondays from 5:30 to 6:30

Session IV:

November 12, 2009 – December 17, 2009
Thursdays from 6:00 to 7:00

Session V:

January 11, 2009 – February 15, 2009
Mondays from 5:30 to 6:30

Session VI:

January 14, 2009 – February 18, 2009
Thursdays from 6:00 to 7:00

Total Performance: U15-U18

Session I:

November 9, 2009 – December 14, 2009
Mondays from 6:30 to 7:30

Session II:

November 12, 2009 – December 17, 2009
Thursdays from 7:00 to 8:00

Session III:

January 11, 2009 – February 15, 2009
Mondays from 6:30 to 7:30

Session IV:

January 14, 2009 – February 18, 2009
Thursdays from 7:00 to 8:00

Session Price: \$99 plus tax

* Sessions are limited to 12 athletes. There are no makeup sessions for missed classes.

Please call or email Aaron Lavender (505.298.FAST or aaron@defined.com) to reserve your spot in the program.



Parisi Speed School
Exclusively at Defined Fitness

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