

2008 Training Schedule



	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday
3:00p – 4:00p 9:00a – 10:00a*	Athletic Development Ages 14 & Up	Athletic Development Ages 14 & Up	Athletic Development Ages 14 & Up	Athletic Development Ages 14 & Up	Athletic Development Ages 14 & Up	8:00a – 9:00a	Athletic Development Ages 14 & Up
4:00p – 5:00p 10:00a – 11:00a*	Athletic Development Ages 10 – 13 Athletic Fitness Ages 10 & Up	Athletic Development Ages 10 – 13 <u>Fast Start Eval Program</u>	Athletic Development Ages 10 – 13 Athletic Fitness Ages 10 & Up	Athletic Development Ages 10 – 13 <u>Fast Start Eval Program</u>	Athletic Development Ages 10 – 13 Athletic Fitness Ages 10 & Up	9:00a – 10:00a	Athletic Development Ages 10 & Up <u>Fast Start Eval Program</u>
5:00p – 6:00p 11:00a – 12:00p*	Athletic Development Ages 14 & Up	Athletic Development Ages 14 & Up	Athletic Development Ages 14 & Up	Athletic Development Ages 14 & Up	Athletic Development Ages 14 & Up	10:00a- 11:00a	Athletic Fitness Ages 10 & Up Speed Clinic
6:00p – 7:00p 4:00p – 5:00p*	<i>Youngster Springboard</i> Ages 6 – 9	Athletic Development Ages 10 & Up	<i>Youngster Springboard</i> Ages 6 – 9	Athletic Development Ages 10 & Up	<i>Youngster Springboard</i> Ages 6 – 9	For Scheduling: Please call: (518) 791-7649 Please email: Kyle@LeeTaftSpeedAcademy.com	
7:00p – 8:00p 5:00p – 6:00p*	Athletic Development Ages 10 & Up <u>Fast Start Eval Program</u>	Athletic Development Ages 14 & Up	Athletic Development Ages 10 & Up <u>Fast Start Eval Program</u>	Athletic Development Ages 14 & Up	Athletic Development Ages 10 & Up <u>Fast Start Eval Program</u>		

* Smaller times indicate holiday training hours, when all area schools are closed.

This schedule is subject to change based on enrollment.