



2008 TRAINING SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday
3:00p – 4:00p	Ages 14 – 18	Ages 14 – 18	Ages 14 – 18	Ages 14 – 18	Ages 14 – 18	8:00a – 9:00a	Ages 14 – 18
4:00p – 5:00p	Ages 10 – 13 ----- Ages 6 – 9	Strength Training Only Ages 10 - 18	Ages 10 – 13	Strength Training Only Ages 10 - 18	Ages 10 – 13	9:00a – 10:00a	Ages 10 – 18 ----- Boot Camp
5:00p – 6:00p	Ages 14 – 18 ----- Adult Fitness	Lacrosse Training ----- Adult Fitness	Ages 14 – 18 ----- Adult Fitness	Lacrosse Training ----- Adult Fitness	Ages 14 – 18 ----- Adult Fitness	10:00a- 11:00a	Baseball Skills Training
6:00p – 7:00p	Lynx Soccer Academy Oct 29 – Dec 17	Boot Camp ----- Ages 10 – 18	Ages 10 – 13 ----- Ages 6 – 9	Boot Camp ----- Ages 10 – 18	Ages 10 – 13 ----- Ages 6 – 9		
7:00p – 8:00p	Ages 10 – 18	Speed & Conditioning Ages 10 - 18	Ages 14 – 18	Speed & Conditioning Ages 10 - 18	Ages 14 – 18		
8:00p – 9:00p	SKILL	Ages 14 – 18	Baseball Skills Training	Ages 14 – 18	SKILL		

Ask about our Private Training for Youth and Adults!

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Located in the Sport Zone
1043 Route 9
Queensbury, NY 12804

Holiday Training Schedule	Time	9am-10am	10am-11am	11am-12pm	5pm-6pm	6pm-7pm
	<i>This schedule will be in effect when all area schools are closed.</i>	Age Group	14-18 years	10-13 years	14-18 years	10-13 years