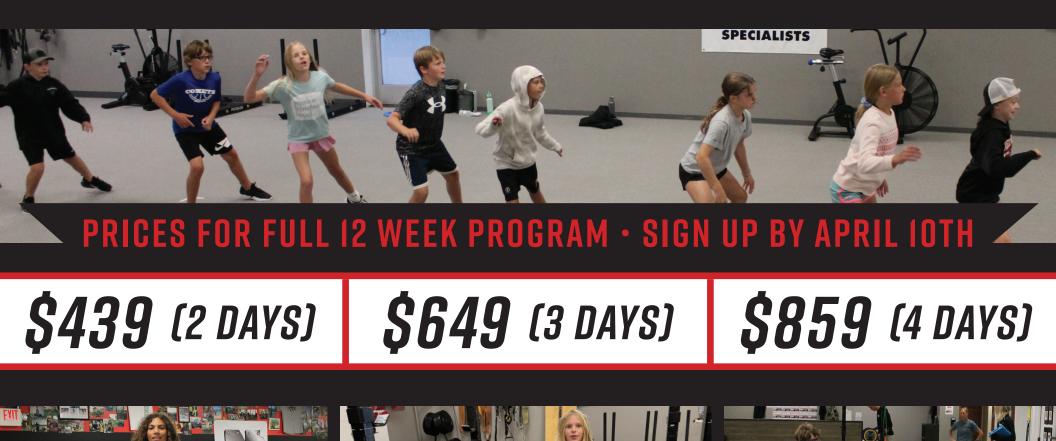
# SUIJIETEPROGRAM

# **STARTS JUNE 2 · 12 WEEK PROGRAM**

ADVANCED (9TH GRADE & UP): 3-4 DAYS PER WEEK INTERMEDIATE (6TH-8TH GRADE): 2-3 DAYS PER WEEK YOUTH (3RD-5TH GRADE): 2 DAYS PER WEEK

## 7:30AM, 9:30AM, 11AM, 1PM YOUTH SESSIONS 60 MINUTES · ADVANCED & INTERMEDIATE SESSIONS 80 MINUTES





# **100 SPOTS AVAILABLE**

### ENROLL ONLINE: ALEXNSS.COM/ATHLETE OR CONTACT KAIT LEARY AT KAIT.L@ALEXNSS.COM



### SAFE, FUN ENVIRONMENT · QUALITY COACHING · TECHNIQUE FOCUSED