



**TEAMWORKS  
SPORTS  
PERFORMANCE**

## ATHLETIC DEVELOPMENT SCHEDULE

| MONDAY                    | TUESDAY                             | WEDNESDAY                        | THURSDAY                            | FRIDAY                              | SATURDAY                                    |
|---------------------------|-------------------------------------|----------------------------------|-------------------------------------|-------------------------------------|---|
| 4pm-5:30pm<br>High School | 3:30pm-5pm<br>High School           | 2pm-3pm<br>Early Release Program | 3:30pm-5pm<br>High School           | 4pm-5:30pm<br>High School           | 10am-11am<br>Youth (8-11)                   |
|                           | 5pm-6pm<br>Youth (8-11)             | 4pm-5:30pm<br>High School        | 5pm-6pm<br>Middle School<br>(12-14) | 5:30pm-6:15pm<br>Speed Demons (5-7) | 11:15am-12:15pm<br>Middle School<br>(12-14) |
|                           | 5:30pm-6:15pm<br>Speed Demons (5-7) |                                  | 6pm-7pm<br>Youth (8-11)             |                                     | 12:15pm-1:45pm<br>High School               |
|                           | 6pm-7pm<br>Middle School<br>(12-14) |                                  |                                     |                                     |   |

Session 1: 12/10/23 - 3/2/24 | Session 2: 3/3/24 - 5/18/24 | Session 3: 5/19/24 – 8/10/24 | Session 4: 8/11/24 – 11/2/24

**Come try us out! Your first class is always FREE!**

**PRICING**

All High School, Middle School, & Youth Development pricing is based on a full 12-week commitment for the session.

*If you start in the middle of a session, the fee will be pro-rated.*

### SPEED DEMONS

Drop-in rate: \$15 /class  
1x /wk: \$180 (\$15/wk)  
2x /wk: \$288 (\$24/wk)

### MIDDLE SCHOOL & YOUTH DEVELOPMENT

1x /wk: \$240 (\$20/wk)  
2x /wk: \$360 (\$30/wk)  
3x /wk: \$420 (\$35/wk)

### HIGH SCHOOL

1x /wk: \$360 (\$30/wk)  
2x /wk: \$600 (\$50/wk)  
3x /wk: \$720 (\$60/wk)

### YOUTH PRIVATE TRAINING

(1-on-1 Training)

4 Sessions: \$299  
8 Sessions: \$599  
12 Sessions: \$899

*Please ask about our Small Group/Semi-Private Training*

**Save with our sibling discounts! Take 10% off of the first sibling and 20% off each additional sibling after that!**

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## **WELCOME TO TEAMWORKS SPORTS PERFORMANCE!!**

**1. PAYMENTS:** Payment is made in full for each session. Each session is 12 weeks in length. If you sign up in the middle of a session your payment is prorated for the weeks that were missed and visits will still expire on the last date of that session.

**2. MAKE-UP POLICY:** Make-ups are allowed as we understand that sometimes schedules change and things come up. All classes missed must be made up during the session they were purchased in. You can make up a class at any time even if it is not on your scheduled day. Please notify us ahead of time, so that we can approve that there is enough room for you in the class with which you wish to attend. All unused classes will be FORFEITED at the end of each session.

**3. SNOW CANCELLATIONS:** Snow cancellations for all classes will be made via an email announcement, can be found on our website [www.teamworkssp.com](http://www.teamworkssp.com), and on our Facebook page. If we cancel a class because of inclement weather you can make the class up according to the above make-up policy.

**4 HOLIDAYS:** TSP will be closed on:

- > New Years Day (1/1/2024)
- > July 4th (07/04/2024)
- > Thanksgiving Day (11/28/2024)
- > Christmas Day (12/25/2024)

\*If you have a scheduled class on any of these days, please plan ahead and schedule a make-up during that session.

**5. CLASS CHECK-IN:** All athletes should check in with the trainer upon their arrival.

**6. ATTIRE:** All athletes are expected to be dressed in gym attire including shorts or sweats, T-shirts, and sneakers and be ready to work out at the start of each class.

**7.** Parents are not allowed in the gym or on the Turf during a class for the safety of the athletes and the parents. They are allowed to watch from outside the gym.

**8.** Children are not allowed in the gym without a trainer present.