

# Dates and Times with Locations for Elite FT 6 Week Program

## Nautilus Fitness Center

### Sundays

6 Week Program Start Dates: **April 29; July 8; August 19**

*4:00-4:55pm*

- Full Juniors Program (ages 2 to 7)
- Strength & Speed (ages 6 to 11)

*5:00-5:55pm*

- Soccer Skills (ages 8 to 14)
- Strength & Speed (ages 12 to 18)

## The Sports Academy in Glen Carbon

### Tuesdays

6 Week Program Start Dates: **May 1; June 19; August 14**

*5:30-6:25pm*

- Full Juniors Program (ages 2 to 7)
- Strength & Speed (ages 6 to 11)

*6:30-7:25pm*

- Soccer Skills (ages 8 to 14)
- Strength & Speed (ages 12 to 18)

## Vetta Sports in O'Fallon

### Wednesdays

6 Week Program Start Dates: **May 16; July 11; August 22**

*5:30-6:25pm*

- Full Juniors Program (ages 2 to 7)
- Strength & Speed (ages 6 to 11)

*6:30-7:25pm*

- Soccer Skills (ages 8 to 14)
- Strength & Speed (ages 12 to 18)

## The Sports Academy in Glen Carbon

### Thursdays

6 Week Program Start Dates: **May 3; June 21; August 16**

*5:30-6:25pm*

- Full Juniors Program (ages 2 to 7)
- Strength & Speed (ages 6 to 11)

*6:30-7:25pm*

- Soccer Skills (ages 8 to 14)
- Strength & Speed (ages 12 to 18)

