

Long Island Sports Center

22 Lumber Road Roslyn, NY 11576

P. 917-517-8607 Email: LongIslandSportsCenter@gmail.com Website: www.LongIslandSportsCenter.com

Time/Day of Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1.5 HR BEGINNER Group Training: (10:00-11:30am)	1.5 HR BEGINNER Group Training: (10:00-11:30am)
							1.5 HR ADV JUNIOR TEAM TRAINING: (11:30am-1pm)
						2 HR ADV SENIOR TEAM SPARRING: (11:30am-1:30pm)	1.5 HR INTETMEDIATE Group Training: (1:30-3pm)
	1.5 HR ADV JUNIOR TEAM TRAINING: (4-5:30pm)	1.5 HR ADV JUNIOR TEAM TRAINING: (4-5:30pm)	1.5 HR ADV JUNIOR TEAM TRAINING: (4-5:30pm)	1.5 HR ADV JUNIOR TEAM TRAINING: (4-5:30pm)		1.5 HR INTETMEDIATE Group Training: (2-3:30pm)	2 HR ADV SENIOR TEAM SPARRING: (3-5pm)
						1.5 HR BEGINNER Group Training: (2:30-4pm)	
	1.5 Hr BEGINNER Group Training: (4-5:30pm)	1.5 Hr BEGINNER Group Training: (4-5:30pm)	1.5 Hr BEGINNER Group Training: (4-5:30pm)	1.5 Hr BEGINNER Group Training: (4-5:30pm)	1.5 Hr BEGINNER Group Training: (4-5:30pm)	1.5 HR BEGINNER Group Training: (2:30-4pm)	1.5 HR INTETMEDIATE Group Training: (6:30-8pm)
	2 HR ADV SENIOR TEAM TRAINING: (5:30-7:30pm)	2 HR ADV SENIOR TEAM TRAINING: (5:30-7:30pm)	2 HR ADV SENIOR TEAM TRAINING: (5:30-7:30pm)	2 HR ADV SENIOR TEAM TRAINING: (5:30-7:30pm)	2 HR ADV SENIOR TEAM TRAINING: (5:30-7:30pm)		
	1.5 HR INTETMEDIATE Group Training: (7:30-9pm)	1.5 HR INTETMEDIATE Group Training: (7:30-9pm)	1.5 HR INTETMEDIATE Group Training: (7:30-9pm)	1.5 HR INTETMEDIATE Group Training: (7:30-9pm)	1.5 HR ADV JUNIOR TEAM TRAINING: (6:30-8pm)		

Notes:

- a) 6-12 students per coach
 - b) If class is 4 students or less, Coach reserves the right to let parents know it becomes a 1 hour group class, since class size is smaller
 - c) **Absence notice must be received 24-48 hours in advance. A \$20 no show fee and 1 class reduction apply if the scheduled session is not cancelled 12 hours prior to session start time.**
 - d) Schedules and prices are subject to changes. Also please note that sessions can/may be combined and are subject to less time if not enough students are enrolled.
- Registration fees must be paid before classes begin. All Group & Private Training classes are valid for 1 (one) year start from first day of class and NON-REFUNDABLE. Only exchange, or credit will be granted if switch from 1 class to another enrolled at LISC.

Please call or text Elisa @ 917-517-8607 to register for classes or for additional class pricing information.