

# Long Island Sports Center

22 Lumber Road Roslyn, NY 11576

## 1.5 Hr. Junior Group Training Academy Calendar

P. 516-621-1402 / 917-517-8607 Email: LongIslandSportsCenter@gmail.com Website: www.LongIslandSportsCenter.com

Time/Day of Week	Monday - CLOSED	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1.5 HR BEGINNER ACADEMY GROUP (10:15- 11:45am)	1.5 HR BEGINNER ACADEMY GROUP (10:00-11:30am)
10am-11:30am						1.5 HR INTETMEDIATE ACADEMY GROUP (11:30- 1pm)	
						2 HR >12 y/o TOURNAMENT TEAM GROUP TRAINING (11am- 1pm)	1.5 HR INTETMEDIATE ACADEMY GROUP (1:30-3pm)
						2 HR Intermediate Group Sparring: (1-3pm)	
3:00pm-4.:30pm						1.5 HR BEGINNER ACADEMY GROUP (2:30- 4pm)	
4:45pm-6:15pm			1.5 HR BEGINNER ACADEMY GROUP (4:45-6:15pm)	1.5 HR BEGINNER ACADEMY GROUP (4:45-5:45pm)	1 HR BEGINNER ACADEMY GROUP (4:45-5:45pm)	1.5 HR BEGINNER ACADEMY GROUP (2:30- 4pm)	1.5 HR INTETMEDIATE ACADEMY GROUP (6:30-8pm)
5:30pm-7:00pm					2 HR <12 y/o TOURNAMENT TEAM GROUP TRAINING (6- 8pm)	1.5 HR BEGINNER ACADEMY GROUP (4:15- 5:45pm)	
7:15pm-8:45pm		1.5 HR INTETMEDIATE ACADEMY GROUP (7:15-8:45pm)		1.5 HR INTETMEDIATE ACADEMY GROUP (7:15-8:45pm)			

**Notes:**

- a) 6-8 students per coach
  - b) 2-3x per week Academy Group Training. Maximum 12 classes per month, expires monthly. Or 10x 1.5-hour group training package good for 2 months
  - c) 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
- If you cannot attend a class, you are to notify the club 48 hours (2 days in advance) Failure to do so will result in class attended if no show without cancellation.**
- Schedules and prices are subject to changes without notice. Also please note that sessions are subject to enancellation if less than 4 students are enrolled in the class.
- We will notify you if there are any changes in the schedule. Registration fees must be paid before classes begin.

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