

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 (10:00- 11:30am)	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 (4:45-6:15pm)	1 HR BEGINNER ACADEMY GROUP (4:45-5:45pm)	1 HR BEGINNER ACADEMY GROUP (4:45-5:45pm)	1.5 HR INTETMEDIATE ACADEMY GROUP (2:00- 3:30pm)	1.5 HR INTETMEDIATE ACADEMY GROUP (6:30-8pm)
5:30pm-7:00pm					2 HR <12 y/o TOURNAMENT TEAM GROUP TRAINING (6- 8pm)		
7:15pm-8:45pm		1.5 HR INTETMEDIATE ACADEMY GROUP (7:15-8:45pm)		1.5 HR INTETMEDIATE ACADEMY GROUP (7:15-8:45pm)	2 Hr Elite Group Training/Sparring: (7:30- 9:30pm)		

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 3 students or less, Coach reserves the right to let parents know it becomes a 1 hour group class, since class size is smaller

Schedules and prices are subject to changes without notice. Also please note that sessions are subject to cancellation 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