

Long Island Sports Center

22 Lumber Road Roslyn, NY 11576

1.5 Hr. Junior Group Training Academy Calendar

P. 516-621-1402 Email: LongIslandSportsCenter@gmail.com Website: www.LongIslandSportsCenter.com

Time/Day of Week	Monday - CLOSED	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10am-11:30am							1.5 HR BEGINNER ACADEMY GROUP (10:00-11:30am)
11:30am-12:30pm							
1pm-2pm							
2:30pm-4pm						1.5 HR BEGINNER ACADEMY GROUP (2:30- 4pm)	
3:30pm-4:30pm							
4:30pm-6pm		1.5 HR BEGINNER ACADEMY GROUP (4:30-6:00pm)	1.5 HR BEGINNER ACADEMY GROUP (4:30-6:00pm)	1.5 HR BEGINNER ACADEMY GROUP (4:30-6:00pm)	1.5 HR BEGINNER ACADEMY GROUP (4:30-6:00pm)		
5pm-6:30pm						1.5 HR INTETMEDIATE ACADEMY GROUP (5:30- 7pm)	
7pm-8:30pm		1.5 HR INTETMEDIATE ACADEMY GROUP (7:00-8:30pm)			1.5 HR INTETMEDIATE ACADEMY GROUP (7:00-8:30pm)		1.5 HR INTETMEDIATE ACADEMY GROUP (6- 7:30pm)
6:30pm-8:30pm							

Notes:

- a) 8-10 students per coach
 - b) 2-3x per week Academy Group Training. Maximum 12 classes per month.
 - c) 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.