

KANSAS CITY ATHLETE TRAINING GROUP CLASS SCHEDULE

CLASSES ARE OPEN TO BOTH BOYS AND GIRLS FROM ANY SPORT OR TEAM OR LEAGUE

CLASS 1	The LIGHT BLUE CLASSES BELOW indicate our introductory speed and agility class. It is open to all athletes, boys and girls. We recommend all athletes in 4th Grade or below attend the early class. Smaller class sizes allows the instructors to work with the athlete on form at a developmental pace.					
CLASS 2	The ORANGE COLOR CLASSES BELOW indicate our elite speed and agility class. It is open to all athletes, boys and girls. We recommend all athletes in 5th Grade or higher to attend the later classes. These classes are taught at an escalated rate to help prepare our older athletes for their upcoming sports season.					Personal Training Core/Strength Speed & Agility
	NEW SCHEDULE FOR WINTER 2018 We have now added 3 days per week group training, Personal Performance Training is still available for all sports - please call to schedule a time.					IF YOU HAVE QUESTIONS PLEASE ASK US
	Jim Tuso - Facility Director Keusi 'Coach K' Pannell - Lead Instructor					CALL 816-379-3701
TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	
CLASS 1	SPEED CLASS/AGILITY BOYS & GIRLS 6:15pm - 7:15pm (1 hr) \$10.00	SPEED CLASS/AGILITY BOYS & GIRLS 6:15pm - 7:15pm (1 hr) \$10.00	GROUP CLASS COMING LATER IN DECEMBER 2018	GROUP CLASS COMING LATER IN DECEMBER 2018	SPEED CLASS/AGILITY BOYS & GIRLS 10:00am - 11:00am (1 hr) \$10.00	
CLASS 2	ELITE SPEED CLASS Grades 5th & Older 7:15pm - 8:45pm (1.5 hr) \$15.00	ELITE SPEED CLASS Grades 5th & Older 7:15pm - 8:45pm (1.5 hr) \$15.00	GROUP CLASS COMING LATER IN DECEMBER 2018	GROUP CLASS COMING LATER IN DECEMBER 2018	ELITE SPEED CLASS Grades 5th & Older 11:00am - 12:30pm (1.5 hr) \$15.00	

KANSAS CITY ATHLETE TRAINING FACILITY IS LOCATED IN NORTH KANSAS CITY

CHANGES AND UPDATES WILL BE POSTED ON OUR WEBSITE AND FACEBOOK PAGE

LIKE US ON FACEBOOK @ KansasCityAthleteTraining

PLEASE VISIT OUR WEBSITE - www.KCathletics.com FOR MORE INFORMATION

LOCATION - 1204 Swift St., North Kansas City Missouri 64116