

D1 COLUMBUS - '10 FALL SCHEDULE

August 23- December 31

D1 ROOKIE (7-11)

7-11 Year Olds: Introduces and creates foundation of overall athleticism in a fun, positive and high-success environment.

TIME / DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30 - 10:30 AM						D1 Rookie
6:00 - 7:00 PM	D1 Rookie	D1 Rookie	D1 Rookie	D1 Rookie	D1 Rookie	

D1 DEVELOPMENTAL (12-14)

12-14 Year Olds: Focuses on progressing and maintaining athletic movement while refining and ingraining fundamental skills of speed, agility, and power. This repeated rehearsal leads to permanent and positive athletic change.

TIME / DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:30 - 11:45 PM						D1 Develop.
4:30 - 5:45 PM	D1 Develop.	D1 Develop.	D1 Develop.	D1 Develop.	D1 Develop.	
7:00 - 8:15 PM	D1 Develop.	D1 Develop.	D1 Develop.	D1 Develop.		

D1 PREP (15-18)

15-18 Year Olds: Focuses on fine-tuning technique, with the goal of taking the athlete's game to "THE NEXT LEVEL".

TIME / DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:30 AM - NOON						D1 Prep
4:00 - 5:30 PM	D1 Prep	D1 Prep	D1 Prep	D1 Prep	D1 Prep	
7:00 - 8:30 PM	D1 Prep	D1 Prep	D1 Prep	D1 Prep		

D1 IN SEASON (12-18)

12-18 Year Olds: For current Developmental and Prep members who would like to maintain explosive power, strength, dynamic and flexibility during their sports season.

TIME / DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30 - 8:15 PM	D1 In Season	D1 In Season	D1 In Season	D1 In Season		

D1 BOOT CAMP (Adults)

Adults: A metabolic workout focused on total body conditioning & high caloric burn, including strength, cardio, flexibility and core training.

TIME / DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 - 7:00 AM	D1 Boot Camp	D1 Boot Camp	D1 Boot Camp	D1 Boot Camp	D1 Boot Camp	
9:30 - 10:30 AM	D1 Boot Camp	D1 Boot Camp	D1 Boot Camp	D1 Boot Camp	D1 Boot Camp	D1 Boot Camp
12:00 - 1:00 PM	D1 Boot Camp	D1 Boot Camp	D1 Boot Camp	D1 Boot Camp	D1 Boot Camp	
6:00 - 7:00 PM	D1 Boot Camp	D1 Boot Camp	D1 Boot Camp	D1 Boot Camp	D1 Boot Camp	

D1 BOOT CAMP SKILL STARTER (Adults)

New Adult: This class develops necessary skill sets to participate in the D1 Boot Camp. Once skill sets have been mastered, Adults graduate into the D1 Boot Camp!

TIME / DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	By Appointment	By Appointment	By Appointment	By Appointment	By Appointment	By Appointment

D1-on-1

Time...accountability...and most importantly, **RESULTS**, are maximized!

TIME / DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
For more information, or to schedule an assessment/training package, please call 614.515.5672						