



St. Vincent Sports Performance

6002 Sunnyside Road

2009 October Schedule (Classes begin week of October 26th and run through the week of December 18th)

Class Description (All classes are 60 min.)	Time	Days	Location
6-8 Grade Functional Strength & Power for Sports	4:00 pm	Tuesday/ Thursday	SVSP EAST
6-8 Grade Functional Strength & Power for Sports	6:30 pm	Monday/ Wednesday	SVSP EAST
6-8 Grade Functional Speed & Agility for Sports	5:30 pm	Tuesday/ Thursday	SVSP EAST
6-8 Grade Functional Speed & Agility for Sports	5:30 pm	Monday/ Wednesday	SVSP EAST
9-12 Grade Functional Strength & Power for Sports	4:30 pm	Monday/ Wednesday	SVSP EAST
9-12 Grade Functional Strength & Power for Sports	6:00 pm	Tuesday/ Thursday	SVSP EAST
9-12 Grade Functional Speed & Agility for Sports	4:30 pm	Tuesday/ Thursday	SVSP EAST
9-12 Grade Functional Speed & Agility for Sports	5:30 pm	Monday/ Wednesday	SVSP EAST

Call 415-5730 to reserve your spot!

sportsperformance.stvincent.org



St. Vincent
Sports Performance

DEFINING SPORTS PERFORMANCE