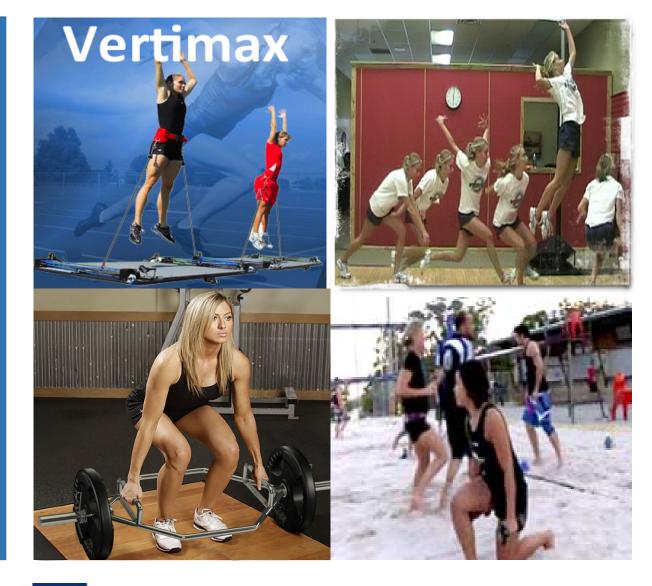
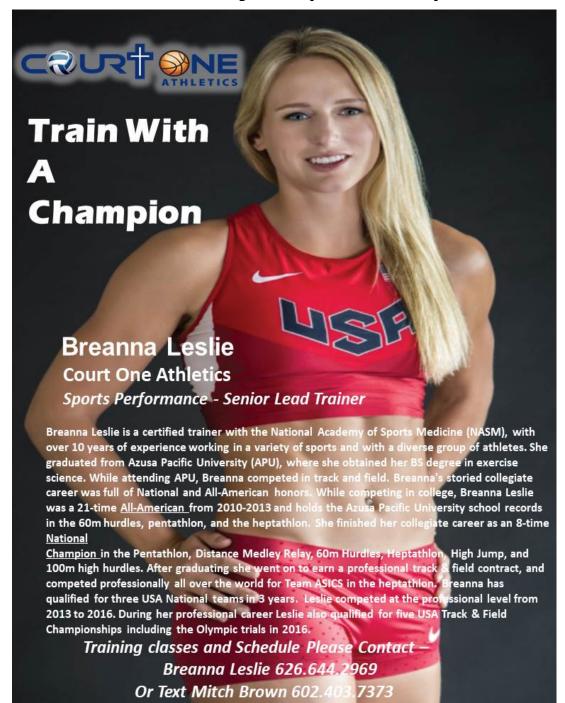
Club Volleyball Speed-Agility & Vertical Jump Training 30 minute sessions Monday- Thursday Register Online Today! www.CourtOneAZ.com





The training sessions will include, Vertical Jump, and Speed/Agility Training. If you are serious about increasing your vertical jump and speedThis is the training for you!!!



Volleyball Season Training

40 sessions - December 2nd thru May 7th

Price includes - Two - 30 minutes training sessions per week **Mon/Wed** – 3:20-3:50pm, 4-4:30pm, 4:30-5pm, 5-5:30pm, 5:40-6:10pm, 6:15-6:45pm, 7:40-8:10pm.

Tue/Thur - 3:20-3:50pm, 3:50-4:20pm, 4:30-5pm, 5-5:30pm, 5:30-6pm, 7:40-8:10pm.

(No training sessions the week of December 21st) (No training sessions the week of December 28th) (Makeup sessions May 10th thru May 21st)

One Time Payment \$240.00 (Only \$6 per session)

(40 sessions - December 2nd thru May 7th)

Online Registration

www.courtoneaz.com

Or

Contact Mitch Brown 602.403.7373 mitch.brown@q.com