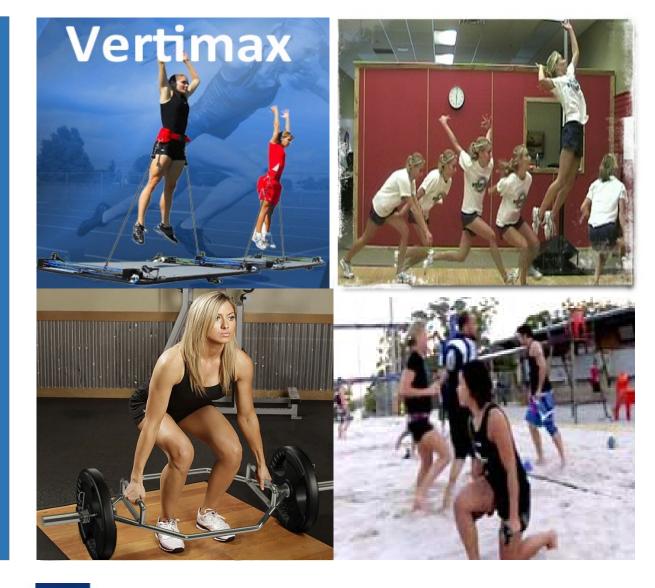
Club Volleyball Speed-Agility & Vertical Jump Training 30 minute sessions Monday- Thursday Register Online Today! www.CourtOneAZ.com





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



Volleyball Season Training

42 sessions - December 1st thru May 7th

Price includes - Two - 30 minute training sessions per week **Mon/Wed** – 3:30-4pm, 4-4:30pm, 4:30-5pm, 5-5:30pm, 6:30-7pm, 7-7:30pm 7:30-8:00pm.

Tue/Thur - 4:30-5pm, 5-5:30pm, 5:30-6pm, 7:45-8:15pm.

(No training sessions the week of December 22nd (No training sessions the week of December 29th)

(Makeup sessions May 11th thru May 21st)

One Time Payment \$378.00 (Only \$9 per session)

(42 sessions – Dec 1st thru May 7th)

Online Registration

www.courtoneaz.com

Contact - Bre Leslie 480.826.3594 Mitch Brown 602.403.7373 info@courtoneaz.com